

**Horizon winner**

Fort Riley Middle School teacher acclaimed one of most promising in state

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Fort Riley Post

Hardcourt wars

Company teams continue battles for top spots in league play

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Friday, February 10, 2006

America's Warfighting Center

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Around Fort Riley**Estes Gate hours extended**

Hours for post access through the Estes Gate will be extended Feb. 13. New hours will be from 5:30 a.m. to 7 p.m. Monday through Friday, including training holidays.

The Rifle Range Road access point hours remain 5 to 9:30 a.m. and 3 to 6 p.m. weekdays.

Estes and Rifle Range access control points will still be closed on weekends and Federal holidays.

Both gates will allow entry by privately owned vehicles with DoD decals, extended passes or valid day passes.

Vehicles without a decal or pass will be directed to Trooper Drive, Ogden or 12th Street gates to obtain a pass.

Visitors entering Fort Riley must show a valid driver's license, vehicle registration and proof of insurance before being allowed entry.

All persons 18 or older in the vehicle must provide a valid ID card issued by the military or state or a driver's license.

Traffic density increases

The monthly vehicle counts at AKAL gates have increased each month since November. Traffic entering post through those gates in December was 17,205 more than the number entering in November.

In January, AKAL security officers counted 49,321 more vehicles entering post than they did in December.

Around the Army**Fort Polk:**

The Guardian reported Jan. 27 that several juveniles appeared before a review board and received punishments ranging from writing essays to being barred from post, depending upon their conduct infractions.

Most also received community service, and some parents were required to perform community service.

For more on this story and other Fort Polk, La., news, visit www.jrotc-polk.army.mil on the Web.

Fort Hood:

The Sentinel reported Jan. 12 that two private vehicle accidents and a pistol accident resulted in the commanding general reinstituting a "Power Thought" program proven to be successful on post for improving safety.

The division's safety officer said two of the three accidents could have been prevented if the people had been more safety conscious.

For more on this story and other Fort Hood, Texas, news, visit www.militarynews.com/sentinel on the Web.

Officials summarize projects

By Anna Morelock
Staff writer

Three major elements are shaping the future of Fort Riley, said Garrison Commander Col. Thomas Smith.

Global re-stationing of units, base realignment and closure and modularity restructuring of military organizations will result in Fort Riley and the surrounding area eventually having a total service population of about 71,000 people and more



than \$1 billion in new facilities.

The 71,000 service population will include Soldiers, family members, members of the civilian workforce and retirees and their families, Smith said.

"It's pretty extraordinary growth," he said. "It's (growth) like the region's never seen."

Ongoing major construction projects on the installation today total about \$230 million, said Larry McGee, director of public works.

The fiscal year 2006 defense budget added about \$120 million worth of projects, McGee said, and \$340 million worth of projects are proposed for fiscal year 2007, which begins Oct. 1, 2006.

Those projects consist of everything from barracks space where Soldiers live to dining facilities, aircraft hangars, a new division headquarters, support type facilities and child care centers, he said.

"This has a tremendous impact on the region," Smith said. "One of the most significant things is going to be the demand for housing."

"Right now we're projected to grow over the next 10 years to only about 3,514

See *Future*, Page 2

MiTTs catch mission



Maj. Muslim (left), executive officer of the 4th Iraqi Army Battalion, Col. Ismael (center), commander of the 4th Iraqi Army Bn., and Razool, an interpreter for the 2nd Bn., 34th Armor, Military Transition Team Leader, Maj. Randy Judd, talk during a combined U.S. and Iraqi cordon and search operation in Abu Kahmis.

'Dreadnaughts' learn job while 'flying'

By Mike Heronemus
Editor

The "Dreadnaughts" learned first-hand about Military Transition Teams, commonly referred to as MiTTs, shortly after arriving in Iraq in February 2005. Higher headquarters ordered the battalion to assemble a MiTT and help the local

Iraqis assume more responsibility for security in Baqubah.

The 2nd Battalion, 34th Armor, belongs to the 1st Brigade, 1st Infantry Division, at Fort Riley, but during its deployment it was assigned to a 3rd Infantry Division brigade attached to the 42nd Infantry Division from New York.

Besides the "Dreadnaught" MiTT, Lt. Col. Oscar Hall IV,

battalion commander, had two other MiTTs working for him — one from the 3rd Bde. and one from another battalion.

While they conducted military security and patrol missions common to U.S. military units in Iraq, members of the "Dreadnaught" battalion partnered with the 4th Battalion, 2nd Brigade, 5th Iraqi Division, to train the Iraqis in the full

spectrum combat operations taking place in their area of responsibility.

Hall's past military experience appeared to be a plus for the new mission, one traditionally the responsibility of U.S. Special Forces units but more and more a mission undertaken by a variety of U.S. military

See *Armor teams*, Page 9

'Devil' Brigade alters mission

Soldiers face 3 new roads of service

By Mike Heronemus
Editor

Soldiers of the 1st Brigade Combat Team, 1st Infantry Division, spent the majority of the past year preparing for motorized and dismounted operations in Iraq. After its deployment was suspended, the brigade finds itself reorganizing to conduct a new mission in support of the war in Iraq.

Leaders of the "heavy," tracked brigade knew it would spend more time in 2006 in wheeled "Humvees" and on foot than in their Abrams tanks, Bradley Fighting Vehicles and Paladin self-propelled howitzers. The nature of the ongoing effort to stabilize that nation and provide security while the Iraqi people walked toward a democratic society required something more from the brigade than just its tracked combat power.

Then, late in December, the "Devil Brigade" Soldiers

See *1st Brigade*, Page 9

'Iron Rangers' hone skills

Squads attack live-fire training scenarios

By Andrew Sosnick
1st Bn., 16th Inf.

Day and night, the popping of rounds fired from M16 and M4 rifles, the staccato of M249 and M240 automatic weapons fire and the shouts of commands filled five days of squad fire and maneuver training for the "Iron Rangers" of 1st Battalion, 16th Infantry Regiment Jan. 23-27.

Thirty squads in the battalion underwent live fire training that week. The squads of Company A (with the battalion scout platoon attached), Company B and Company C conducted training at

Range 9, the Squad Assault Course and Training Area 44, respectively.

To build combat proficiency, all 30 squads drilled on the fundamentals of firing and maneuvering a nine-man infantry squad. These fundamental drills included reacting to enemy contact, tactical movement under fire and support by fire.

In reacting to contact, squads received fire from enemy forces and then executed a battle drill, a series of practiced and coordinated actions which have become reflexive for the nine-Soldier squad.

In this case, the squads returned aimed fire at the enemy forces while maneuvering to engage their foes. As the squads fired and moved, using a tactical technique called bounding, squad leaders in charge of all nine Soldiers and their two team leaders, each responsible for three Soldiers, practiced commanding and controlling their Soldiers under combat-simulated conditions.

The squad drilled so that stationary elements suppressed the enemy with accurate and concentrated fire while moving elements maneuvered to destroy the enemy.

See *Squads*, Page 2



1st Bn., 16th Inf. photo

A squad from Co. A, 1st Bn., 16th Inf., lays down suppressive fire during squad live-fire training at Range 9.





Post, Army news briefly

Army offers \$5,000 reward

The U.S. Army Criminal Investigation Command is offering a \$5,000 reward for information leading to the identification, apprehension and conviction of the person or persons responsible for the attempted murder of four Fort Riley Soldiers.

Between 4:25 and 4:35 a.m. Jan. 22, an unknown person or persons driving an unknown vehicle fired multiple 9mm rounds at a vehicle occupied by four Soldiers at the intersection of Trooper Drive and Thomas Avenue on Fort Riley. The Soldiers were returning to their barracks from the Rally Point club on post.

Anyone with information concerning this incident should call the Fort Riley CID office at (785) 239-3931 or the military police at (785) 239-6767.

Army offers \$500 reward

The U.S. Army Criminal Investigation Command is offering a \$500 reward for information leading to the identification, apprehension and conviction of the person or persons responsible for damage to government property, housebreaking and larceny of government property.

The damage and larceny occurred at the Consolidated Troop Medical Center, Building 7672. The center was broken into some time between noon Jan. 12 and 5 a.m. Jan. 17.

Anyone with information concerning this incident should call the Fort Riley CID office at (785) 239-3931 or the military police at (785) 239-6767.

Hospital drops medicines

Effective this month, Irwin Army Community Hospital Pharmacy Service will delete Norvasc® (Amlodipine), Flo-max® (Tamsulosin), Accupril® (Quinapril) and Altace® (Ramipril) from its available medications. The change has been directed by Department of Defense.

These DoD-designated non-formulary medications require the provider to complete a medical necessity form in order for the patient to acquire them from civilian pharmacies at a cost of \$9 for a 30-day supply of either the brand name drug or its generic equivalent. Providers can obtain the medical necessity form online at www.tricare.osd.mil/pharmacy/medical-nonlineform/cfm. Non-formulary brand name and generic medications will cost \$22 for a 30-day prescription filled at civilian pharmacies or through the Tricare Mail Order Program without a provider's medical necessity form.

Medical necessity generally means the patient has tried other medications that do not work and the one prescribed is the only that works.

The medical necessity form is one filled out by the patient's provider. This enables the patient to receive the say prescription as above, for only \$9.00. (This is because patient has more than likely tried other meds that do not work and this particular med is the only one that does - therefore, medical necessity).

For more information, call the Irwin Army Community Hospital Pharmacy at (785) 239-7411.

BOSS reps to meet

Unit representatives of Better Opportunities for Single Soldiers will meet at 3:30 p.m. Feb. 23 at the Arts and Crafts Center across the parking lot from the Main PX.

For more information, call 239-8147.

Future continued from page 1

sets of family housing quarters on post," McGee said. "So, over that 10-year period of time they're only going to increase the number of houses on Fort Riley by 400."

On and off post, there will be a need for about 10,000 total places for married Soldiers and their families to live. We're going to end up housing a total of 3,500 married soldiers on post and 6,500 more off post, McGee said.

Although it's a challenge, Smith said the post continues to work with the governor's task force on the growth of Fort Riley and with surrounding communities to overcome the challenges.

"If you consider the home starts in Manhattan last year and the home starts in Junction City, our two closest neighbors," Smith said, "Manhattan had maybe 120 home starts; Junction City about 20 to 25. And we're saying we need 6,000 homes."

"The task force, headed by Lt. Gov. John E. Moore, has elements of almost every aspect we're involved in. There are school committees, housing committees and transportation committees," Smith said, naming a few of the elements.

Smith said post officials also confer quite a bit with city managers in Manhattan and Junction City, as well as with representatives from cities located from Wamego to Salina to track development in the area.

"We try to provide information so that everybody gets a common picture of what the challenge is going to be," Smith said.

Fort Riley wasn't completely surprised in 2004 by official announcements about the impending arrival of new troops, McGee said. The post received planning notices and put together some preliminary plans and what-if scenarios as a basis for the possible growth.

"We had indications that there were stationing actions targeted to Fort Riley," he added. "We worked through all kinds of scenarios of the arrival of different units, or around deployments and returning units, so we're very flexible."

Flexibility applied after announcement

That flexibility came into play with the announcement in December 2005 that the 1st Brigade Combat Team wasn't be deploying as planned. Renovations were planned for several 1st BCT buildings while the brigade would be deployed.

"We're continuing to renovate some of those buildings while they're occupied," McGee said, "and we'll schedule around unit training cycles or future deployments to get into those buildings as we can."

Other minor delays have occurred throughout the construction process, McGee said, mostly involving the procurement of materials.

"There could be several factors involved," McGee said. "The hurricane that came through Louisiana caused a shortage in wood products, or there are all kinds of competing construction projects in the region and material availability get's to be a challenge sometimes."

McGee also said that the construction contractors have been telling him that they are reaching farther outside the region to find a work force.

"It's going to continue to be a challenge for those construction contractors to find those construction resources as we continue to receive more funding to build facilities," he said.

Although the 1st Infantry Division was headquartered at Fort Riley until the mid-1990s, facilities standards and changing military families will require increased space to house the division upon their return.

"One of the primary reasons there's a facilities shortfall is the standards for the facilities have changed," McGee said.

Gone are the days of housing Soldiers in open squad bays. The Army criteria today is that, over time, every Soldier will get a private sleeping room and space allowances for those Soldiers' living space have increased, McGee said.

Equipment will change requirements

Besides the Soldiers, their equipment requires more space than in the past McGee said. New facilities are being built with more storage and administrative space.

The Big Red One is different than it was before, Smith said. Besides the changed housing and space standards, families also have grown.

"When the Big Red One was here before, only about 30 percent of Soldiers were married," Smith said. "Now, 55 percent of our Soldiers are married."

The bulk of the troops coming to Fort Riley will be in the lower-to-mid-grade enlisted band, Smith said. Those families tend to have more and younger kids.

Because an influx of children is expected, Smith said Fort Riley is working with local school districts to help them predict the pace of the growth. However, predicting the number of kids in each grade level is difficult, he added.

"We're not sure," Smith said about the number of students headed to Fort Riley and area schools, "because we're not sure of the name of the Soldier that will get orders in four months to come to Fort Riley."

The "tsunami" of Soldiers coming to Fort Riley will bring good opportunities, Smith said. With new housing and longer tours at one installation, Soldiers will have the opportunity to homestead.

Before, the Army didn't care for Soldiers doing multiple tours in one place, Smith said. Now, a young Soldier can possibly do up to three tours here, staying for around 12 years.

"He's got the opportunity to do two things," Smith said. "One, grow some fairly long-term equity in a home (and) he may pick a neighborhood or community to settle in and his children may go to elementary through high school in that community."

"It's good for the community. It's good for the Soldier. It's good for everybody," Smith said. "Our Soldiers, by in large, make good neighbors and they make good citizens."



1st Bn., 16th Inf. photo

A squad from Co. A, 1st Bn., 16th Inf., assaults enemy targets during squad live-fire training on Range 9.

Squads continued from page 1

Each squad underwent three complete training iterations for each LFX training scenario: a dry fire using no ammunition, a blank fire using only blank rounds and a live fire using real ammunition. These three iterations were done during the day and at night, so each squad underwent six iterations on the same training scenario.

Company A, known as "Attack" company, trained at Range 9. The squad deemed best in the company was led by Staff Sgt. Michael McQuality, Sgt. Christopher Lyke, Sgt. Joseph Turley and Sgt. John Northup. Soldiers in the squad included

Spc. Kenneth Macavinch, Spc. Pedro Sandoval, Spc. Matthew Pirone, Pfc. Donald Compton, Spc. Nickolai Magee, Spc. John Moates and Pvt. Paul Paz.

Company B's "Bushmasters" trained at the SAC. The "Bushmaster" squad showing the most battle prowess was led by Sgt. Jamie Noe, Sgt. Chad Milford and Sgt. Marco Cristostomo. Soldiers in the squad included Spc. Chris Morrison, Spc. Alexander Fort, Spc. Geordan Ganka, Spc. Jerelle Andrada, Spc. David Anderson, Spc. Pierre Dorneus and Pfc. Theodore Cole.

Company C, known as "Bandi-

to Charlie," trained at TA44. Their best squad was led by Staff Sgt. James Folger, Sgt. Brandon Bannister and Sgt. Bryan Robinson. The top "Banditos" squad included Spc. Chancey Cotton, Spc. Ronald Thurber, Spc. David Moreno, Spc. Thomas Wuehler and Pfc. David Chadburn.

The combat skills and teamwork built during the squad LFX are building blocks in the "Iron Ranger" training plan. Next, the individual and collective skills will be used during Platoon Life Training, which the "Iron Rangers" plan to conduct Feb. 13-17.

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Post/Morelock

New Soldier barracks like these are being built on Custer Hill, others are programmed for the future and some are being renovated to meet immediate needs.

Thank you -- new ad 8 Feb



Post, Army news briefly

Blood drive set for February

The next American Red Cross blood drive at Fort Riley will be from 8 a.m. to 5 p.m. Feb. 14 and 15 at Riley's Conference Center. The goal is to collect 50 units of blood each day.

Hazlett named top employee

The Directorate of Public Works named Connie Hazlett its Employee of the Year for the calendar year 2005. Hazlett serves as a budget analyst in the Engineering Resource Management Division.

The year 2005 was very challenging in the budget office and Hazlett filled in for the branch chief for quite some time because he was suffering of an illness.

Hazlett reportedly demonstrated great initiative and determination to take on the additional work load. While taking on additional tasks, she was still approachable and kept everyone on task.

Over the course of the year, several out of the ordinary suspenses came up and she was able to master each one with great skill by the assigned deadline, according to her nomination.

Hazlett has 18n years of civil service and has been working for Public Works since 2001.

Ed Services to offer test

Education Services at Fort Riley will offer the ASE certification test May 9, 11 and 16.

All active duty and reserve component Soldiers in a related Military Occupation Specialty, rating or Air Force Specialty Code are eligible to test for

credit by examination or for certification. The registration deadline is March 15.

For more information or to register, visit an Army Education Counselor in Building 7604 (239-9485) on Parker Street or Building 217 (239-6481) on Main Post.

SF recruiter to brief Soldiers

An Army Special Forces recruiter will brief Soldiers interested in joining that career field at noon and 6 p.m. Feb. 22 and 23 and the same times March 8 and 9 in the Post Retention Office, Building 7852, on Drum Street.

Enlisted Soldiers and officers meeting certain criteria are eligible to switch to Special Forces.

Special Forces classes begin March 20, April 24 and June 5.

For more information, call (719) 524-1461 or (877) 840-8499 or send e-mail to Gerry.Herron@usarec.army.mil or John.Wylie@usarec.army.mil.

Toastmasters slate meeting

Old Bill's Toastmasters is seeking new members from the Fort Riley and Junction City area. It is a non-profit and mutually supportive organization that promotes a positive learning environment.

Old Bill's Toastmasters' next meeting is scheduled from 5:30 to 6:30 p.m. Feb. 16 at Fire Station No. 2, 2245 Lacy Dr., in Junction City, Kan. Old Bill's Toastmasters meets every first and third Thursday of the month. Meetings are always free and open to the general public.

For information about the meeting or directions, call Jim Hill at 761-1130.

Bush sends proposed budget

Defense portion focuses on irregular warfare, transformation

By Donna Miles
AFPS

WASHINGTON — President Bush sent his \$439.3 billion defense budget request for fiscal 2007 to Congress Feb. 6.

The proposal reflects what Defense Secretary Donald H. Rumsfeld called a solid ongoing commitment to defeating global terrorism, transforming the military while increasing its capabilities, and taking care of men and women in uniform.

The proposed budget represents a 7 percent increase over fiscal 2006 funding and incorporates findings of the Quadrennial Defense Review, Rumsfeld and Marine Gen. Peter Pace, chairman of the Joint Chiefs of Staff, told Pentagon reporters.

The QDR, released Feb. 3, provides a blueprint for the mix of forces and capabilities needed for the century ahead.

"Like the QDR, the fiscal 2007 budget reflects the department's continuum of change as we defend our nation, engage in the long war against terrorist extremism and prepare for future potential adversaries," Rumsfeld said.

Both the QDR and the budget request demonstrate the refocusing of forces and capabilities from the past — a time of reasonable predictability and a single major adversary, of preparedness to fight major, conventional combat campaigns with large standing forces, he noted.

Instead, the documents reflect demands of an era of surprise and complex challenges, of multiple, irregular warfare operations in various countries around the world and the powerful expeditionary capabilities needed to confront them, Rumsfeld said.

Toward that end, the fiscal 2007 budget request invests in four priority areas: prevailing in irregular warfare operations, defending the homeland against advanced threats, maintaining America's military superiority

and supporting servicemembers and their families, Rumsfeld explained.

To bolster irregular warfare operations, the budget increases the size and capabilities of special operations forces, continues the Army's modularization program and funds equipment to support their operations.

Funds request supports emphasis

In support of this priority, the 2007 budget:

- Increases the number of active-duty special operations forces battalions by 33 percent and expands psychological operations and civil affairs personnel by one-third to support them and the Army's modular force;
- Funds the new Marine Corps Special Operations Command to conduct special reconnaissance and other missions;
- Establishes a special operations force unmanned aerial vehicle squadron;
- Increases the number of Navy SEAL commando teams to provide more maritime capability;
- Expands language training for special operations and intelligence units and increases language training, pay and recruitment for members with language skills.

Continues funding to complete the conversion of 48 Army regular combat brigades to 70 brigade combat teams;

Provides \$3.7 billion in funding for the Army's Future Combat System, with major investments in unmanned aerial vehicles, unmanned ground vehicles and battlefield command and communications systems; and

Expands the unmanned aerial reconnaissance force to increase intelligence-gathering capabilities to ensure around-the-clock, real-time intelligence.

The proposed budget gives high priority to the homeland defense mission through

improved missile defense capabilities, improved strategic command and control, better satellite communications for deployed troops around the world and new measures to counter the threat posed by catastrophic weapons.

Support enhances homeland security

In support of this effort, the 2007 budget request:

- Enhances missile defense capabilities with \$10.4 billion to produce and field additional ground- and sea-based interceptors and acquire two additional forward-deployed mobile radars;
- Provides \$4 billion toward enhancing space-based early-warning systems;
- Invests \$1.7 billion toward development of countermeasures against advanced biological and other weapons and to track and locate nuclear weapons and render them safe;
- Improves worldwide communications by initiating funding of the Transformational Satellite that will extend high-bandwidth satellite capabilities to deployed forces worldwide and deliver eight times the speed and data the military can now transmit and receive;
- Funds a new precision-guided conventional Trident missile capability; and
- Enhances command and control communications.

Proposal includes conventional needs

While continuing to build irregular warfighting capabilities, the budget proposal reflects the need for the United States to maintain its conventional superiority. It invests in improvements in:

- Joint air support through acquisition of the V-22 Osprey tilt-rotor aircraft and the AH-64 Apache, CH-47 Chinook and UH-60 Black Hawk helicopters;

- Joint air dominance with \$10.4 billion for acquisition of the F-22 and F/A-18 E/F fighter jets, aircraft and continued development and the first procurement of the F-35 Joint Strike Fighter; and

- Joint maritime capabilities with \$11.2 billion for more capable and multi-mission ships, including two DD(X) destroyers, two Littoral combat ships, one Virginia-class submarine, one LHA(R) amphibious assault ship and one T-AKE logistics ship.

Personnel welfare also covered

The new budget request recognizes that the success of these initiatives depends on the members of the force and provides higher military pay, better housing and more quality-of-life initiatives. These include:

- A 2.2 percent increase in military base pay over the fiscal 2006 level;

- A \$263 million provision toward targeted pay increases for certain warrant officers and mid-grade and senior enlisted members, and \$1.9 billion for retention bonuses and incentives;

- A 5.9 percent increase in the active-duty basic housing allowance and elimination of all inadequate military housing in the continental United States;

- Construction of 48 new barracks projects for enlisted members, at \$1.5 billion; eight new child development centers, at \$68 million; and four dependent education school projects, at \$77 million; and

- A \$39 billion investment in health care for servicemembers and their families.

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Caffeine gum aids Soldier alertness

By Steven Donald Smith
AFPS

SILVER SPRING, Md. — Caffeine gum now available to U.S. troops is intended to improve performance and alertness in myriad tasks, a sleep researcher at Walter Reed Army Institute of Research said.

"We've tested the caffeine gum in a laboratory where we had a lot of control, and we tested it in field studies. We found that it improves all sorts of performance and alertness tasks," Dr. Tom Balkin said Jan. 30 at the institute. "And importantly, we didn't find any evidence that it had any detrimental effects."

Institute researchers concluded that the right amount of caffeine improves cognitive abilities, marksmanship, physical perfor-

mance and overall vigilance, while preventing fatigue-related injuries and deaths.

The fruit of the research is a new product called Stay Alert caffeine chewing gum, which is now in production and available to U.S. armed forces and security agencies through military supply channels. Each pack of Stay Alert consists of five pieces of cinnamon-flavored gum with each piece containing 100 milligrams of caffeine, equivalent to a 6-ounce cup of coffee.

"Our studies with caffeine have shown that, at the right dose, it's just as effective as some other stimulants that are more powerful, like amphetamines," Balkin said. "The advantage of caffeine is that it's widely available, doesn't require a prescription and people have a lot of experience with it, so everybody already knows if they

"The advantage of caffeine is that it's widely available, doesn't require a prescription and people have a lot of experience with it"

— Dr. Tom Balkin
Sleep researcher at Walter Reed

are sensitive to it or not."

Balkin said the caffeine gum has several advantages over other caffeinated products. For instance, the gum is easy to transport and is readily accessible. The caffeine in the gum is absorbed much quicker than from other sources and its effects also are felt much sooner.

"When you chew the gum, the caffeine is extruded into the saliva and is absorbed right through the tissues in the mouth into the

bloodstream. It gets into the brain very quickly, in about five minutes. It takes coffee about 20 to 25 minutes," Balkin said.

The researchers did several studies to determine the right amount of caffeine to administer. Their conclusion was that 200 milligrams of caffeine every two or three hours was the correct dosage for most people to maintain performance, he said.

Walter Reed got involved with the caffeine-gum project after an

executive at Amurrol Confections Co., a subsidiary of Wrigley's, asked if the Army would be interested in such a product. The answer was yes, and experts at the institute spent the next six years researching the gum.

"We spent six years in development, giving feedback to the company about dosages, etc.," said Dr. Gary Kamimori, a behavior biology scientist at the institute. "Our research data regarding the effects of the gum was exciting, so we published the results."

Regarding possible safety hazards associated with misuse of the gum, Balkin said the bad taste of the gum would probably prevent its abuse.

"The stuff doesn't taste that good. It doesn't taste as good as regular gum, so people are not going to be chewing it for the taste. I think most people will use

it for what it's intended, and that's to help with alertness," Balkin said.

"There are other products that contain caffeine, like 'NoDox.' I don't know the detrimental effect of their use, but it's not unusual for people to use caffeine," added Dr. Debra Yourick, a WRAR public affairs officer.

The gum will not be issued with regular military rations, but "there is an experimental first-strike ration for the Special Forces. One pack of gum is included in each special ration," Balkin said.

The Natick Soldier Center, which manages food and equipment research and development for the Army, also tested the gum and approved its use in the first-strike ration.

The gum has been used in Iraq and Afghanistan since 2003.

Governor sends 'thanks' to Soldiers returning to Fort Riley

By Amanda Kim Stairrett
Staff writer



Post/Stairrett

Surrounded by his family, Spec. Mark Adams kisses his fiancée, Sarah Newcomer, Feb. 6 after a redeployment ceremony for the 3rd Bde. Combat Team. Adams is a Soldier with the 596th Signal Company. He and Newcomer are from Warrenton, Mo.

Although Gov. Kathleen Sebelius couldn't attend the redeployment ceremony Feb. 6, she sent thanks to the returning Fort Riley Soldiers on behalf of the state of Kansas for "doing what had to be done to protect the state and nation."

Maj. Gen. Dennis E. Hardy, commanding general of the 24th Infantry Division (Mech) and Fort Riley, read the governor's statements to about 150 Soldiers of the 2nd Battalion, 34th Armor, and 3rd Brigade Combat Team, 1st Armored Division.

"Yours was a task that many would not be able to handle. Your commitment to protecting this country, its values and its people earn you the utmost level of respect," he read. "Your role in a wartime environment is an experience that would have challenged even the hardest soul."

Lt. Col. Michael Pappal, the officer in charge of the returning

group, said the Soldiers accomplished what they had to get done. "They did it with motivation and they are happy to be home," he said, surrounded by his family who had come to greet him inside Hangar 817 at Marshall Army Airfield.

Though not all of the 3rd BCT's Soldiers are back, Hardy complimented the trail party, the last sizeable group of Soldiers to return.

"This truly represents certainly not our largest formation but probably the best formation when we realize that this is No. 17, the last for the 'Bulldogs' and 'Dreadnaughts,'" he said.

About 700 Fort Riley Soldiers still serve abroad in support of Operation Iraqi Freedom. About 3,000 returned to Fort Riley in January and February.

"You all are really the culminating point of a terrific mission. You have definitely taken your part in history," Hardy read from Sebelius' remarks. "Each one of you is a hero."



Post/Stairrett

Jessi Michaelis spots her friend, Spec. Donnie Foreman, among the line of Soldiers entering Hangar 817 during a redeployment ceremony Feb. 6. About 150 Soldiers of the 3rd Bde. Combat Team returned to Fort Riley. Foreman is a Soldier with the 70th Engineer Battalion.

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Commentary

Friday, February 10, 2006

Fort Riley Post

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Riley Roundtable

This week's question:

How do you feel local businesses treat Soldiers and military families?



"I hate how businesses treat us. They know you're military and a private and they take advantage of us. It's usually small used car dealers. I don't understand why they prey on us, because Fort Riley means so much to their economy."

Pvt. Marquis Dawkins
Mortarman
2nd Battalion, 16th Infantry
Home: New York City



"They tend to target dependents to hit them with high interest rates. They try to sell poor used vehicles at high finance rates. I went to a car dealer about 70 miles out and was offered a better price at lower finance rates for the same car I saw (at a dealer close to Fort Riley)."

Spt. Jeremy Farris
Infantryman
Co. B, 1st Battalion, 41st Infantry
Home: Muncie, Ind.



"I've had a pretty good experience. Compared to other places I've been, it's a lot better here. I do business mainly in Manhattan."

Sgt. Jeremiah Leach
Combat engineer
Co. A, 1st Engineer Battalion
Home: St. Robert, Mo.



"They treat us pretty decently. I think they need more military discounts. Most go out of their way to give us a good deal. My best experience has been in clothing stores."

Sgt. Peter Ricci
Infantryman
Co., 1st Battalion, 41st Infantry
Home: Boston



"I've had no bad experiences. I think they treat us like any other customer. I don't think they care if we're military or not."

Melinda Welsh
Military spouse
AAFC employee
Home: Omaha, Neb.

Next week's question:

What do you do to fill your free time, and what would you like to do more of?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

By **Bethany Deschamps**
LACH

They are out there. Everyone has seen them or knows a few personally. They are envied by most, and their habits should be followed by all.

They are models of the weight loss/weight maintenance world – the successful dieters.

A successful dieter has maintained at least a 30-pound weight loss for five or more years.

How do they do it?

How come they are successful at losing weight and keeping it off while so many others fail?

The National Weight Control Registry studied these questions and looked for the answers for more than a decade.

The Registry collected information on more than 5,000 successful dieters. Each successful dieter was initially interviewed and then periodically interviewed to see what makes them able to stick to their goals.

According to the Registry, these successful maintainers share five key strategies:

• **They eat a high-carb, low-fat diet.**

The low-carb diet is out for these long-term maintainers. On average, they get most of their calories (55 percent to 60 percent) from carbohydrates and 20 percent to 25 percent of their calories from fat.

The rest of their total calories



Capt. Bethany Deschamps

(15 percent to 20 percent) comes from protein. They emphasize and eat good carbs – fruits, vegetables, whole grains and other high-fiber foods. They minimize the amount of sugar in their diet.

A good guideline for this type of diet is the food guide pyramid. If you haven't seen the new 2005 Food Guide Pyramid, you can visit <http://www.mypyramid.gov> for more information and guidance for its use.

• **They are conscious of calories.**

Successful maintainers know that calories count, no matter what kind of calorie it is or what kind of diet they follow. It is important to remember that a calorie is a calorie, no matter if it comes from a protein, carbohydrate, fat, liquid, solid, etc.

Any calories that are excess to the body will be stored as fat. Strive to consume a calorie intake appropriate for your body.

A simple equation used to figure out total calorie needs is

body weight in pounds multiplied by 10. For weight loss, increase activity or decrease total calorie needs by 250 to 500 calories.

• **They eat breakfast and smaller meals throughout the**

day. Eight out of 10 successful maintainers eat breakfast every day. Eating breakfast helps people better manage their calories during the day.

Successful dieters also eat often. On average, most eat five to six smaller meals a day. Instead of squeezing total calorie needs into one or two big meals, eat the same amount of calories in five or six meals.

Strive to eat every three hours, either a meal or a snack. Keep snacks handy everywhere – the car, the desk at work, at home, in a purse or backpack.

• **They self-monitor. Successful maintainers weigh themselves at least once a week, some more frequently.**

Do not adopt the concept of "what you don't know can't hurt you."

For the most accurate weekly weight assessment, weigh the same time each week, on the same scale and wearing the same or similar clothing.

Many keep food diaries as well, emphasizing meal times, total calorie, fat, protein and fiber intake.

• **They engage in lots of physical activity – 60 to 90 minutes a day.**

In line with the new government guidelines, successful maintainers carve out time every day for planned exercise, but they also look for ways to get more activity during the rest of the day.

Walking is their No. 1 activity. To help with motivation to exercise, try to exercise at a time

of day when you feel most energized, work out with a partner, listen to music and make it a part of your schedule every day.

A few other things to know about people who are successful dieters:

• **They have failed several times with weight loss.** Hardly anyone gets it right the first time around. It may take a few rounds before there is success, so don't give up.

• **Successful maintainers live in the real world.** While they eat most of their meals at home, they do eat out nearly three times a week, on average, and even visit fast-food restaurants about once a week.

• **Ninety percent of successful dieters report that life is better after weight loss.** They report better energy, mood and confidence.

Weight loss is not easy, but if you can keep the weight off for two years, chances are you'll keep it off long term. You still have to work at it, but you gain more confidence in your ability, and that goes a long way toward success.

For assistance with beginning a weight loss program, if you are struggling to maintain weight loss or if you are seeking nutritional advice, contact a dietitian in the Irwin Army Community Hospital Nutrition Care Division at (785) 239-7644 or send e-mail to bethany.deschamps@cenamedd.army.mil.

Helping, serving, protecting

Presence means pets get required attention

By **LaRetta Roberts**

Animal control officer

As the Fort Riley animal control officer, I sometimes have to walk into residents' yards on post. My main focus for pets kept on Fort Riley is their welfare, and I want to educate the Soldiers and their families about the regulations for proper maintenance and care of their pets.

Here are the things I look for when I am doing my patrols:

A pet cannot be secured to trees, shrubbery, porch pillars, hand rails, privacy fences, clothes lines or in any manner that will damage government property or the pet.

Pets need a shelter. Open porches, breezeways, carports of under trees are not adequate unless the pet owner is physically present with the pet.

Pets must have adequate water

in containers that cannot tip over or be destroyed, unless a responsible person is present.

Pets must have micro chips installed and be registered with the Fort Riley veterinary treatment facility, Building 226.

Owners must have a fence or muzzle and insurance if their pet dog is classified an aggressive breed, such as a chow, rottweiler or pit bull.

Pet feces must be cleaned up. Excessive barking between 10 p.m. and 6:30 a.m. is a noise violation.

The number of pets does not exceed post regulations.

To learn all the Fort Riley pet regulations, owners can go online at www.geocities.com/rileypets. Ideas and examples of how to care for pets in order to be in compliance with all Fort Riley regulations are located on the same Web site.



LaRetta Roberts

The Post encourages readers to write and express their opinions. Letters must not contain libelous remarks and should address issues of interest to Soldiers and military family members.

Letters to the editor

February good time to look hopefully forward

The year 1954 seems like an eternity ago. Just another year relegated to the ambiguous annals of time in the history of mankind in general and the United States specifically.

The truth is, however, 1954 is noteworthy from the perspective of my grandfather, who as an enlisted African-American Soldier, served as a cook in a U.S. Army regiment segregated by race and reserved for "negro" Soldiers only.

It also is a noteworthy year to my father, who served as a cook during World War II in a racially segregated U.S. military.

Yes, 1954 seems like an eternity ago, but it is not. It was only

52 years ago, 52 years ago when the U.S. military was recognized as a fully integrated force.

And, 1954 is noteworthy to me. Perhaps, though, not to the same extent as it was to my grandfather and father.

Being born in 1966, I was not a first-hand victim of some of the inherent injustices that came along with a completely segregated society, to include the military. My father and grandfather, however, were.

So I write this message today, in celebration of Black History Month, having achieved ranks in the U.S. military my father and grandfather could not have fathomed. I consider in profound admiration and optimistic expect-

tation just how far our nation has come in a relatively short period of time.

It gives me hope. It leads me to believe that solutions to many of the issues and challenges we face today as a nation are not beyond our reach.

Capt. Harvey Wolff
648th ASG

Need study, training partner

I have been at Fort Riley for eight months now. This is my first duty station. I am very motivated to train physically and mentally, but I cannot find anyone to train

with me.

I will soon be a specialist and would like to get waived (for promotion) to sergeant before my 30 months hit. I just finished a close second in a Soldier of the Year (board) and am ready to win next year.

I am also looking for someone interested in training for a marathon this year.

Is there anyone out there with the same extreme desire to train and study at least three or four times a week?

There must be another lower enlisted Soldier on this base who has the same high ambitions I do. My number is (918) 406-6900.

Pfc. Bradley J. Triplett
1101st MP Bn.

Grunt

By Wayne Udden



FORT RILEY POST

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Army medical program changes benefit Soldiers

By Sara Wood
AFPS

WASHINGTON — The Army medical system provides superior care, but officials always look to the future and work to improve the system for Soldiers, the deputy surgeon general of the Army said Feb. 2.

The war on terrorism has taught Army medical officials a lot about what they can do to better benefit Soldiers, and changes are planned to do so, Army Maj. Gen. Joseph G. Webb Jr. said at the State of the Military Health System 2006 Annual Conference.

The Army continues to refine combat health care as feedback comes from Soldiers on the ground, Webb said. This conflict has necessitated medical care to be closer to the action on the battlefield, and a network of skilled medical professionals cares for wounded Soldiers from the battlefield all the way to the United States, he said.

Air evacuation is an area in which the Army, with the help of the other services, has done very well, Webb said.

The Army has been using new technology to benefit Soldiers on the battlefield, Webb said. A new

tourniquet and bandages that control bleeding are among the supplies recently added to Soldiers' first aid kits, he said.

The Army also is making improvements to how it cares for wounded servicemembers who require rehabilitation, Webb said. A new rehabilitation facility, the Intrepid Center, is being built at Fort Sam Houston, Texas, and capabilities are being added to what will soon be the Walter Reed National Military Medical Center.

The Army also is looking at ways to retain grievously wounded Soldiers who want to continue their service, Webb said. Many of these young people loved what they were doing and there are many jobs they could still perform, he said.

"We're trying to salvage more than just replacing limbs, we're trying to salvage Soldiers," he said.

Weight control standards also are being modified to help keep quality Soldiers in the Army, Webb said. The current system has some flaws, he acknowledged, so a new system will be tested in which Soldiers who pass the physical training test will not be administratively punished for being overweight.



ANS/Riggin

Master Sgt. Jay Phelps (left) and Sgt. Teresa Burroughs hold the 25-pound block of gold they discovered in their office at Forward Operating Base Speicher.

Soldiers pick up gold block worth estimated \$110K

By Tom Bryant
Army News Service

TIKRIT, Iraq — A unique challenge for two Soldiers arose recently with the discovery of a very special doorstep in the terrain team's work space: a 25-pound block of solid gold.

"I noticed it during the relief-in-place with the unit before us, sitting under the table in the office," said Sgt. Teresa Burroughs, a terrain analyst in the 3rd Brigade Combat Team, 101st Airborne Division. She said the outgoing unit "used it as a doorstep in the summer."

During a recent cross-training session in the terrain team office, Master Sgt. Jay Phelps noticed a brown shape on the floor. He tried to move the shape with his foot, but it didn't budge.

Phelps picked up the dense block and wiped away some of the dirt. After scraping his knife across the block, Phelps was relatively sure he'd found something. "I couldn't be certain, but I thought this was probably a block of gold," Phelps said.

Phelps and Burroughs immediately notified the commander and secured the block in the company

safe. Burroughs, due to depart for two weeks of leave, took a small piece of the ingot with her for testing in the states.

Back home, Burroughs called on a jeweler to determine the block's composition. The jeweler confirmed that it was around a 10-karat amalgam of gold.

The estimated value of the block is nearly \$110,000.

Phelps and Burroughs never wavered in making the right decision; they agreed the gold was not theirs and should be given to the proper Iraqi authorities.

"You of course think to yourself, 'Wow, there's a kid's college tuition, a house and tons of people you could help with that money,'" Phelps said. "And then you immediately know it's not worth it."

A second source was used through the Tikrit Provincial Joint Coordination Center to confirm the block's composition. A local jeweler used a scrape test involving nitric acid to further grade the gold's quality.

The gold block will be returned to the government of Iraq in the coming weeks.

Phelps and Burroughs agreed this has been the most unique occurrence on the deployment — or any deployment — to date.

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Post, Army news briefly

Holiday alters trash schedule

The President's Day holiday will alter trash pickup on Fort Riley. The changes will be:

Feb. 20 – No pick up, federal holiday.

Feb. 21 – Colyer Manor, Main Post and the dumpster at Building 620.

Feb. 22 – Ellis Heights, O'Donnell Heights, Montith Heights, Peterson Heights north of Thomas Avenue, Marshall Field and dumpsters at Buildings 28, 45, 471, 540, 542 and 5309.

Feb. 23 – Warner Heights, Burnside Heights and dumpster at Building 620. (No change from regular schedule.)

Feb. 24 – Meade Heights, McClellan Heights, South Warner Heights, Peterson Heights south of Thomas Avenue and dumpster at Building 5309. (No change from regular schedule.)

For more information, call Paul Cassella of the Contract Inspection Branch, Directorate of Public Works, at 239-6274

Veterans career fair slated

A veterans career fair is planned from 9 a.m. to 3 p.m. Feb. 24 at the Colmery-O'Neal Veterans Administration Medical Center, 2200 SW Gage Blvd., Building 24, Room A-113, in Topeka, Kan.

Those attending will have the opportunity to visit with employers who offer registered apprenticeship careers.

For more information, call organizer Jim Cox at (785) 633-8805 or (785) 494-8488 or send e-mail to jcox@ua441.org.

By Sara Wood

AFPS

WASHINGTON – Harsher punishments for Defense Department personnel who participate in human trafficking or support the industry by patronizing prostitutes are part of a bill signed into law Jan. 10 by President Bush.

"Human trafficking is an offense against human dignity, a crime in which human beings, many of them teenagers and young children, are bought and sold and often sexually abused by violent criminals," Bush said at the White House before signing the bill. "Our nation is determined to fight and end this modern form of slavery."

The Trafficking Victims Protection Reauthorization Act of 2005 amends the military manual for courts-martial, making the punishment for using a prostitute the same as that for being a prostitute, said John Awtrey, director of law enforcement policy and support for the undersecretary of defense for personnel and readiness.

Under the new act, any service-member convicted of patronizing a prostitute can receive a dishonorable discharge, forfeiture of all pay and allowances and one year of confinement.

Prostitution is being targeted because it is the main fuel for the human trafficking industry, Awtrey said. Human trafficking is the illegal practice of procuring human beings for unpaid work in physically abusive settings and locations from which they are not allowed to leave.

Whether people realize it or not, most women involved in prostitution are there against their will, he said, and supporting that industry, even by going to a strip club or bar that allows prostitution, supports the worldwide human trafficking industry.

AFPS

The Office to Monitor and Combat Trafficking in Persons released its most recent report June 3, 2005.

That report stated:

"South Korea is a source, transit and destination country for women who are trafficked for the purpose of sexual exploitation. Women from Russia, the People's Republic of China, the Philippines, Thailand and other Southeast Asian countries are trafficked for commercial sexual exploitation to South Korea.

"Korean women are trafficked to Japan and to the United States, sometimes via Canada, for exploitation in prostitution.

"In recent years, the government of the Republic of Korea has taken significant steps to address the problem, including ... tightening of enforcement and an ambitious legislative

"If you spend money there, you're giving money to the traffickers, and traffickers are criminals," he said.

DoD establishes training program

Many people don't understand the human trafficking industry, so DoD has established a new training program to clarify what it is and what the implications are of becoming involved, said Robert Wisher, DoD's director of advanced distributive learning.

The training was developed early last year and can be taken in a classroom or online, Wisher

Report explains Korea situation

campaign aimed at curbing trafficking and exploitation of women.

"The government of the Republic of Korea fully complies with minimum standards for the elimination of trafficking and has recently taken measures to demonstrate its commitment to resolving the problem.

"The government has shown a steady commitment to support victims, prosecute traffickers and strengthen national laws.

"In 2004, the South Korean government showed leadership by passing and implementing sweeping anti-trafficking and anti-prostitution laws, which provided stiff sanctions for trafficking and prostitution and established an infrastructure of social, legal and medical support for victims.

"The government has also coordinated closely with U.S. Forces Korea in developing and implementing policy that

addresses the problem of sexual exploitation of women in the Republic of Korea in areas surrounding USFK bases. Due to their leadership in tackling demand, the government recognizes that it must also make efforts to provide more education and vocational training for thousands of women who have been trafficked for commercial sexual exploitation.

"The government of the Republic of Korea made greater efforts to prosecute trafficking-related cases over the last year. R.O.K. authorities used several statutes, including the Criminal Code, the Law on Juvenile Protection and the Act on Additional Punishment for Specific Crimes to prosecute traffickers. During the reporting period, the Ministry of Justice conducted

536 trafficking-related investigations, resulting in 71 prosecutions and 144 people currently serving sentences.

"The government implemented a new anti-trafficking law, the Act on the Punishment of Intermediating in the Sex Trade and Associated Acts, which provided for punishment of trafficking for commercial sexual exploitation and authorized the seizure of assets acquired through trafficking.

"The new law punishes those who use threats, violence or debt bondage to force people into prostitution and declares that victims' debts to their employers are invalid.

"Punishments under the new law include up to 10 years imprisonment and fines of up to \$86,000.

In 2004, the Korean military and the Korean National Police Agency continued their cooperation with the USFK in identifying brothels suspected of exploiting trafficking victims and barring U.S. Soldiers access to them."

all servicemembers, DoD civilian employees and contractors who are going overseas, Wisher said. Later this year, it will become mandatory for all military members and DoD civilians, he said.

DoD also is developing a separate training module for commanders about what to do when incidences of human trafficking are reported and a module for investigators about how to handle the reports, Wisher said.

Human trafficking became an important issue for DoD because of the many military units that are stationed overseas in countries where human trafficking is rampant, such as Korea, Awtrey said. "Our primary focus is overseas

because of the number of units and personnel that are in countries that are high-demand destinations for trafficked women in the sex exploitation industry," he said. "We want to educate people on what it is so they know what to stay away from or what to report."

It is too early to judge the ultimate success of the training program, Wisher said, but he said he already is receiving positive feedback from servicemembers who said the training opened their eyes to the problem of human trafficking.

Human trafficking is the third-largest source of money for international organized crime and occurs internationally and within the United States, Wisher said.

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Soldiers shoot for medal

By Joe Alger

Army News Service

BRUCK, Germany – Soldiers of the 1st Infantry Division and the 101st Military Intelligence Battalion braved cold, icy conditions to earn the Schutzenschnur German marksmanship medal in Bruck, Germany, Feb. 1.

Because the Headquarters and Headquarters Company of 1st Inf. Div. is scheduled to move to Fort Riley in the near future, it might have been the last opportunity for many of the Soldiers to earn the

award, said Staff Sgt. Larry Gormley, 1st Inf. Div. noncommissioned-officer-in-charge of civil military operations.

The Schutzenschnur medal is awarded for qualifying on two German weapons – usually a pistol and machine gun. Soldiers can earn the Schutzenschnur award in bronze, silver and gold. Soldiers can wear the award on their dress uniforms.

The 22 Soldiers who made the trip to Bruck to qualify for the Schutzenschnur made it the best turnout Gormley has seen yet, he

said. “We usually only have about 10 Soldiers come out for this,” Gormley said. “It’s a great event for Soldiers, and it’s an award that looks great on their uniforms.”

With the pending 1st Inf. Div. move, Gormley said the 13th Panzer Division did everything possible to ensure maximum participation.

“Usually, we share the range with the German Soldiers, but this time out our partnership unit reserved the range for us for the entire day,” Gormley said.

Qualifying on the German weapons, especially the MG-3 machine gun, proved to be a difficult experience for some of the Soldiers.

“I’ve never fired a weapon that puts rounds downrange so quickly,” said Sgt. David Pierce, an intelligence analyst. “If you don’t learn how to maintain trigger discipline and put your full body weight behind the weapon, you will never qualify.”

Pierce said it was also difficult to get used to maintaining focus on the target when firing the German-made machine gun, but it’s important not to give up after the first try.

“The German sergeant major told us it takes a great deal of training and discipline to learn how to effectively fire that weapon system,” Pierce said.

In addition to learning how to fire German weapons, Gormley said the event also gives Soldiers the chance to interact with their German counterparts.

“They get to live with German Soldiers in their barracks and see how they live and train,” Gormley said. “We get to see that they (the German Soldiers) don’t really do things much differently than we do.”

The Soldiers said they enjoyed the overall event and hope it isn’t the last one.

“I thought the event was a lot of fun,” Pierce said. “Later on down the road there will be very few Soldiers who will get to have this experience. I think anyone who gets this opportunity should definitely participate.”

Spc. Joe Alger serves with the 1st Inf. Div. Public Affairs Office.



1st Inf. Div./Alger

Soldiers from the 1st Inf. Div. and the 101st MI Bn. brave cold, icy conditions to earn the Schutzenschnur, the German Army’s marksmanship medal, at a firing range in Bruck, Germany, Feb. 1.



Holiday Inn Express Abilene -- new ad Feb 8

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Post, Army news briefly

Museum seeks 'Heart' vets

The National Purple Heart Hall of Honor is under construction in New York's Hudson River Valley at the New Windsor Cantonment State Historic Site. Its mission is to collect and preserve the stories of Purple Heart recipients from all branches of the service and across the generations in an attempt to ensure that all recipients are remembered.

Their stories will be preserved and shared through exhibits, live and videotaped interviews with the veterans themselves and the Roll of Honor, an interactive computer program preserving the stories of each individual.

The National Purple Heart Hall of Honor is the first in the nation to recognize more than 800,000 Americans wounded or killed in action while serving in the U.S. military.

For more information or to have your story preserved as a Purple Heart recipient, write Michael J. Clark, Project Coordinator at National Purple Heart Hall of Honor, New Windsor Cantonment State Historic Site, P.O. Box 207 (374 Temple Hill Road), Vails Gate, NY 12584-0207, phone (845) 561-1765, or send e-mail to michael.clark@ophp.state.ny.us.

Congress sets SBP enrollment

Congress set a one-year open enrollment period that ends Sept. 30, 2006, to allow retirees to enroll in the Survivor Benefit Plan or increase their participation.

Congress set the open season after eliminating the SBP social security offset that reduced SBP coverage from 55 percent of the base amount elected to 35 percent of the base amount at age 62. The new plan provides 55 percent benefit regardless of the age of the annuitant.

Those considering making an SBP open season election should go to http://www.Military.com/sbp_faq to get answers that will help with the decision.

Cell phone use restricted

Drivers are prohibited from using a cell phone while driving on Fort Riley unless they use a hands-free device.

Environmental training slated

The Environmental Division, DPW has scheduled the following training courses for the month of February:

Environmental Team Training: Environmental Team training certifies environmental team leaders and members on how to safely handle hazardous materials and waste handling as well as spill responses at the unit level. Leaders and team members must attend this course within 60 days of appointment to their duties.

Class begins at 9 a.m. each day, Feb. 21-22 in Room 6, Building 407. The course lasts two days.

Battery Hazard Awareness Training (Code Name Lithium): This course is designed for key personnel who in their course of their duties receive, store, issue and then transport lithium batteries for disposal. This course includes training on the characteristics and hazards associated with the various types of lithium batteries used on Fort Riley.

Class starts at 10 a.m. every Wednesday of each month in Building 1930 at Camp Funston. This class lasts one hour.

For information or to enroll in this class, call 239-0446/2305 or check with the battalion schools noncommissioned officer.

Armor teams continued from page 1

units. Hall had served as a U.S. military advisor to a Saudi brigade, helping them to train and to field equipment.

While in Iraq, "We had to take this new MiTT out of its box," Hall said. He had no extra manpower to use for the new mission, so he assigned 10 of his key staff members to dual responsibilities. "By day they were my staff. By night they were the MiTT leaders," he said.

The MiTT commitment didn't remain a "night" operation. Training and equipping the Iraqi forces while simultaneously fighting combat operations was continuous. "It was like building a plane while it is in flight," he said.

Organization of the MiTT and its training plan culminated on April 1, 2005, when the 2nd Bn., 34th Armor, MiTT first met with the colonel commanding the Iraqi battalion and his key staff members. The purpose of the meeting was to convince the Iraqis of the value of combined training and operations for his and the U.S. forces, said Maj. Randy F. Judd, the battalion executive officer and MiTT leader.

Iraqi culture played an important role in how the U.S. Soldiers approached the Iraqis with their proposal to offer training and guidance, Judd said.

That first meeting involved a lot of getting to know each other. "We showed them lots of pictures of our families. Showing pictures is an important part of the Iraqi culture. They carry family pictures with them and are glad to show them if they think they want to get to know you," he explained.

Judd and his team also briefed the colonel and his staff about the U.S. battalion's capabilities and

the personal qualifications of each member on the MiTT.

After that successful meeting, the training began in earnest, Judd said.

At first, the MiTT conducted training in a classroom environment, he said, teaching such things as planning for operations, the military decision-making process, how to organize information so the commander can make rapid decisions, battle tracking (keeping track of all the unit's forces, disposition and capabilities) and even detainee operations, Judd said.

Classroom training had to remain flexible, Judd said. The team might be planning to train on a particular subject, but questions from the Iraqis had to be answered first and then discussion had to be nudged back onto the topic the MiTT wanted to cover, he explained.

After the classroom training, the MiTT began including the Iraqis in U.S. military operations.

At first, platoon-sized Iraqi units were added to U.S. company-sized operations, Judd said. That was to give the Iraqis a chance to see how operations should look.

As the Iraqis gained confidence and skill, the planning and conduct of operations shifted to them, with the MiTT members only present to observe and coordinate U.S. combat multipliers, such as air strikes, artillery fire and tactical question.

Suggestions for improvement were also made through after-action reviews when missions had been completed.

Later, operations included an Iraqi company with a U.S. company. Finally, the Iraqis assumed the



2nd Bn., 34th Armor Photo
Lt. Col. Oscar Hall IV (second from left), commander of 2nd Bn., 34th Armor, Maj. Randy Judd, Military Transition Team leader in Iraq, and Maj. Khalid (right), executive officer of the 4th Iraqi Army Bn., inspect security at the Baqubah Government Center.

major role in operations while the U.S. forces' presence was minimal, Judd said.

Early combined operations usually were cordon and search operations, he said.

In those operations, Soldiers would search for and recover wanted individuals, seize weapons, interrogate individuals and conduct after-the-fact information operations with speaker trucks to tell local citizens why the military forces had been there and what had been done.

Logistics seemed a difficult hurdle to overcome outside the classroom, Hall said. Power in Iraq equates to what you have, so supply officers would hoard supplies in their warehouses with the idea that having it there showed they had done their job, he said.

"I once took a (protective) vest that had stopped a bullet and saved a Soldier's life to one of those warehouses. I showed it to the supply guy and told him, 'Look what you did today. You saved a life because you issued this vest to a Soldier.' After that, he was ready to issue more of them, and asked that we tell the

Soldiers that he gave it to them."

The Iraqis didn't understand the importance of the information operation at first, Judd recalled. But, when the people began to respond positively to their presence and the kids they had given candy to began leading them to improvised explosive devices, they realized how important it was, he said.

Some of the training took place at checkpoints the Iraqi battalion manned, Hall said. "It was like going from a classroom to running," he said, "because it was a real situation."

Before that training, insurgents often got the best of the Iraqis; at best, the Iraqis held their own, Hall said. Not long after training with the MiTT, the Iraqis began beating the insurgents, he continued. "We went from arriving with body bags for dead Iraqis to counting the number of dead insurgents," he said.

The reality of the MiTT operation is that it takes place on a "two-way rifle range," Hall said. It's learning how to conduct combat operations while on the job, he agreed, and the Iraqis were suc-

cessful. Iraqi battalions are rated from level four to one, with level one being a unit able to assume its combat responsibility without assistance from anyone else, Judd said.

After eight months of training by the MiTT and application of that training with U.S. combat units and on their own, Judd estimated the Iraqi 4th Bn. ranked at level two and, with continued progress made at the rate being made when 2nd Bn., 34th Armor, left, it would be at level one within 60 days.

To continue the training, the arriving MiTT received a comprehensive orientation on what the "Dreadnaughts" had done and where the Iraqis stood.

"We (the U.S. Army) are good at capturing lessons learned," Judd said. "The Army put together a MiTT training center in Taji (Iraq) and the new U.S. team attended training there before starting in Baqubah."

Mike Heronemus can be contacted at mike.heronemus@riley.army.mil or (785) 239-8854.

1st Brigade continued from page 1

learned the Department of Defense would put their rotation to Iraq on hold because of significant advances the Iraqi Security Forces, including the Iraqi Army and police, had made in protecting the citizens and fighting the insurgency.

That meant the 1st Bde. Soldiers got to spend the Christmas and New Year's holidays at home. It didn't mean they would get a holiday from duty in Iraq, said Col. Bart Howard, the brigade commander after DoD had announced the delayed deployment.

Instead, the 1st Bde. assumes three new missions for the Army. One is creating Military Transition Teams, commonly referred to as MiTTs, to help the Iraqis develop their security forces even faster than they are progressing now.

Another is to train MiTTs for deployment.

The third is to provide deployable security force elements that can move anywhere the Army wants them to be, said Maj. Gary M. Belcher, brigade civil military affairs officer, Feb. 2.

"We've only been told what we're going to be doing," Belcher said. "We have no specific orders that specify the end goal."

One of the first tasks undertaken is determining the makeup of MiTTs, what equipment it will need and what the brigade will need to train MiTTs, he said.

MiTTs operate in Iraq already

MiTTs already operate in Iraq, so the concept isn't new. Putting together the 1st Bde. MiTTs and deciding what the brigade will need to train incoming MiTTs, however, will mean a lot of adjustment for the 1st Bde., Belcher said.

To help with the transition, Soldiers from Fort Carson, Colo., already involved in training MiTTs have been directed to assist the 1st Bde. by provide some guidance to the brigade staff.

One adjustment will be reconfiguring the "heavy" mechanized brigade from a combat mission to a training mission, Belcher said. "We're looking at the requirements to train, what equipment will be needed and how to mobilize teams that will come here to train."

The change in mission means a change in equipment and personnel for the brigade. MiTTs don't use tanks or heavy artillery, Belcher explained, so the brigade probably won't need the majority of its heavy equipment in the

future.

The brigade's equipment loss will be an equipment gain for the Army overall, Belcher said. "The equipment can be rebuilt and sent elsewhere, where it is needed," he said.

The brigade also may not need as many Soldiers as it has now, Belcher said. Brigade leaders working on the reconfiguration to deployable 11-man MiTTs and the new training mission realize the brigade will need Soldiers with different skill sets than it has now.

Some Soldiers will deploy within year

Preliminary concepts do not include lots of tank, Bradley and armor crewmen in the MiTTs, for example.

The brigade expects those Soldiers will be among the significant number of Soldiers it will deploy instead as security force units in support of Operation Iraqi Freedom over the next six to 12 months, Belcher said.

MiTTs will contain specialists in key military fields, such as planning, logistics, security operations and intelligence gathering, Belcher said. They will be assigned to units of the Iraqi army and police forces to work with their leaders to improve their capabilities for success protecting their nation and defeating insurgents, he said.

While the brigade leaders are reshaping the brigade to fit its new mission, subordinate units have begun taking advantage of the planning stage to get back to basics.

After a year of motorized and dismounted (out of vehicle) training, units are scheduling training they had to forgo during the past year so that their Soldiers can polish skills they will need to perform well in their "mounted" military job specialties.

The 1st Battalion, 5th Field Artillery, for example, conducted Paladin gunnery Feb. 6-10 to give the tracked artillerymen practice firing their howitzers.

Bradley gunnery also is scheduled and tank units will soon conduct gunnery to get armor crewmen back in the turrets of their Abrams, doing what they would normally be asked to do, Belcher said.

Manning and training the brigade's new MiTTs will take some time and considerable effort, Belcher said, but plans are to be ready for missions by this summer.

Mike Heronemus can be contacted at mike.heronemus@riley.army.mil or (785) 239-8854.

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Fort Riley Sports & Recreation

Friday, February 10 2006

America's Warfighting Center

Page 11

Sports news in brief

BOSS plans free ski trip

Fort Riley's Better Opportunities for Single Soldiers will sponsor a free ski trip to Snow Creek in Weston, Mo., Feb. 22.

A bus will leave the Information, Ticketing and Registration Office across the parking lot from the Main PX at 10 a.m.

For more information, call 239-8147.

Youth offered bowling week

Child and Youth Services is planning a "Learn to Bowl Spring Break Workshop" from 9 a.m. to noon March 20-24 at Custer Hill Lanes.

Children ages 6-12 can participate. Registration opens Feb. 1 and the workshop fee is \$65.

For more information, call 239-4847.

Bicyclists plan 43-mile ride

The Riley Road Raiders, a group of bicycle enthusiasts at Fort Riley, will host a "43-44 President's Day Bike Ride" beginning at noon Feb. 18.

Riders should meet at 10:30 a.m. at 716 S. Jefferson St. in Junction City, Kan., for pre-ride coffee and time for last-minute tune ups.

The route will take riders across 43 miles of rolling Kansas Hills in a westerly direction from Junction City. Riders should dress warmly. A vehicle will follow riders, so they can peel off clothing layers if needed.

For more information, call Chris Lowery at (785) 210-1177 or (785) 239-7103.

Fitness staff needs trainers

The Fort Riley Fitness Department staff is looking for group fitness instructors and personal trainers. All applicants must be certified by a recognized association and have current CPR and first aid certification.

For more information, call 239-2813 or 239-3146.

Softball league seeks teams

The Manhattan Parks and Recreation Department is accepting team registrations for the 2006 Wildcat League softball program. Leagues are available for children ages 10 and under through 16 and under.

Teams will be accepted on a first pay, first play basis for all age divisions. Deadline for sign-up is March 24 or when the league is full.

The Wildcat League season will run from May 15 through July 15. Games will be played at Griffith Park or City Park.

The fee is \$450 per team for six doubleheaders, staff, game balls and USSSA sanction fee or \$500 per team for eight doubleheaders, staff, game balls and sanction fee.

Teams must provide their own equipment and uniforms. For more information, call Adam Dolezal at (785) 587-2757.

Dodgeball comes to Fort Riley

Post 'extravaganza' to pit at least 6 teams in play at King Field House

By Mike Heronemus
Editor

Several teams face off Feb. 11 in the first dodgeball extravaganza organized at Fort Riley. As of Feb. 3, six teams had signed up to play, but more could sign up

before play begins at King Field House at 9 a.m. that Saturday, said Barry Sunstrom, sports specialist. The growing popularity of dodgeball competition prompted the post sports staff to organize the event, he said.

As of Feb. 3, two civilian teams and four Fort Riley teams

had registered to play and paid their \$60 team fee. Winners of the extravaganza will receive gift certificates of some sort, Sunstrom said.

Teams entered so far are Showtime; 1st Battalion, 41st Infantry; Matt Needham's team from Abilene; the Morris County Regional

Runnerup that recently competed in a White City dodgeball tournament; General Jso's Chickens from the post's Directorate of Morale, Welfare and Recreation; and the Simister Six, also from Fort Riley.

Play will be scheduled in a manner that will have each team

playing a lot, Sunstrom said. "Games usually last five minutes or less, so we may start everybody out with a round robin," he said, adding that no bracket will be decided until the sports staff knows how many teams will play.

See Dodgeball, Page 12

Like Mike

2 Artillery teams aim guns at win

By Mike Heronemus
Editor

Two Artillery teams lined up for the tip-off Feb. 1, and from that point to the final buzzer, Service Battery, 1st Battalion, 5th Field Artillery, led Battery B, 1st Bn., 5th FA, winning the Southern League game 48-40.

Service Btry. improved its record to 4-2. Btry. B fell to 1-3.

Service Btry. controlled the opening tip, but failed to score. Btry. B couldn't score on its first possession, either.

Jarin Durgins scored two followed by two three-point field goals courtesy of his teammate Shannon Ollison. Service Btry. led 8-0 before Btry. B put its first two points on the scoreboard.

Halfway through the first 20-minute period, Service Btry. led 13-8.

The offensive effort Service Btry. mounted should have created a bigger point spread, but several hard drives to the basket failed to add points and Btry. B controlled the rebounds.

Michael Crisolo entered the game for Btry. B midway through the first half and gave the Service Btry. defense something to worry about. He dumped in four quick points on a full court dribbling drive for the first two and then sunk another quick field goal that brought his team within two points of the leaders before Ollison hit another three-pointer to give his team a five-point lead.

Btry. B quickly edged closer to the leaders with a rebound and put-back by Brandon Kirk and two more points from Lam-

See Artillery, Page 12



Post/Heronemus
Steven Jones flies high on a lay-up attempt for Service Btry. 1st Bn., 5th FA, Feb. 1. Following and hoping for a rebound are Btry. B, 1st Bn., 5th FA, players Johnny Cornejo (22) and John Whicheers (45).

Upcoming games in unit basketball leagues

Southern League Feb. 13

Headquarters and Headquarters Company, 1st Battalion, 16th Infantry, plays Company A, 1st Battalion, 16th Infantry, at 6 p.m.; D Troop, 4th Cavalry, plays Battery D, 1st Battalion, 5th Field Artillery, at 7 p.m. and Task Force Dependable plays Battery B, 1st Bn., 5th FA, at 8 p.m.

Feb. 15

Company A, 1st Bn., 16th Inf., plays Btry. B, 1st Bn., 5th FA, at 8 p.m.

Feb. 16

Task Force Dependable plays Service Battery, 1st Bn., 5th FA, at 6 p.m.; Headquarters and Headquarters Battery, 1st Bn., 5th FA, plays Service Battery, 1st Bn., 5th FA, at 7 p.m. and JHC, 1st Bn., 16th Inf., plays Btry. D, 1st Bn., 5th FA, at 8 p.m.

Northern League Feb. 15

1st Maintenance Company plays Company A, 1st Battalion, 190th Military Police, at 6 p.m. and Meddac/Dentac plays

10th Air Support Operations Squadron at 7 p.m.

Eastern League Feb. 14

Headquarters and Headquarters Company, 1st Brigade Combat Team, plays 4th Infantry Brigade Combat Team, at 6 p.m.; 610th Brigade Support Battalion plays Headquarters and Headquarters Detachment and Company A, 101st Forward Support Battalion, at 7 p.m. and 331st Signal Company plays Company C, 1st Battalion, 34th Armor, at 8 p.m.

Group seeks injured Soldiers

Foundation sponsors bow hunt for vets

Staff report

The Jack Creek Preserve Foundation is accepting applications from disabled military veterans who would like to hunt free in the foundation's Wounded Veteran Bow Hunt near Ennis, Mont.

Veterans must have been wounded while serving in Iraq or Afghanistan and must submit their applications to the foundation by Feb. 20.

The veteran selected for the free hunt will have his or her choice of a bow hunt for elk or black bear on the 5,000-acre Jack Creek Preserve. Cabin lodging will be provided and foundation personnel will assist the hunt recipient.

The JCPF can accommodate a veteran who has suffered severe physical disabilities.

The selected recipient will need to provide his or her own food.

Applications must include the veteran's name, mailing address, phone number, e-mail address, dates of service in Iraq or Afghanistan and the branch of military service.

The applicant also must describe his or her physical disabilities resulting from service in Iraq or Afghanistan.

The foundation also wants to know how long the applicant has been a bow hunter, in what states and for what species the veteran has previously hunted with a bow and if he or she can still efficiently shot a bow or bow with adaptive equipment. That adaptive equipment should be described in the application.

The foundation also wants to know if the applicant is a member of the Pope & Young Club.

Applications should be sent to: Double F Foundation, P.O. Box 3, Ennis, MT 59720 or e-mailed to doublef@3rivers.net.

Outdoorsmen can still hunt ... for antler sheds

Warm winter provides excellent opportunities for bird watching, fishing



Gibrán Suleiman

By Gibrán Suleiman
Wildlife biologist

While most hunters and anglers spend the months of February and March inside, thumbing through hunting and fishing catalogs and longingly staring out the window, some take advantage of what late winter in Kansas has to offer.

The state offers plenty of ways to get out and experience the outdoors most people have not considered.

On the Wildside: News About Nature

As the Fort Riley firearms deer season came to a close in late December, it became apparent that male deer were already beginning to drop their antlers. So, this month there should be plenty of shed antlers on the ground waiting for someone with a keen eye, a little luck and definitely not afraid to do a little walking.

You do not need to have any permits to collect deer or elk sheds, but

you do need a salvage permit if you intend to keep any part of a dead deer or elk with antlers still attached.

The Provost Marshal's Office Game Warden Section can issue salvage permits.

Late winter can also be a great time for bird watching, especially with the mild days that we have experienced lately.

The Milford Lake area typically

attracts hundreds of bald eagles during the months of January and February. They can be spotted throughout the day perched in trees along the water's edge. A good pair of binoculars can aid in viewing them but are not a necessity.

Remember, the bald eagle is federally listed as a threatened species, so harassing eagles in any way is strictly prohibited.

Woodlands on Fort Riley are a

See Wildside, Page 14





Michael Crisolo (4) of Btry. B, 1st Bn., 5th FA, dribbles through two defenders of Service Btry., 1st Bn., 5th FA, Feb. 1 in a Southern League company level basketball game at King Field House. Guarding him are Jarin Durrigins (7) and Steven Jones (3). Service Btry. won the game, 48-40.
Post/Heronemus



Artillery

continued from page 11

ont Hill. Service Btry. led 13-12 with nine minutes left on the first-half clock.

Both teams mounted equal offensive efforts for the remainder of the half, but Ollison hit his fourth three-point field goal of the half to take the halftime lead of 23-20.

Ollison led Service Btry. scoring in the half with 14 points. Edgar Drysdale scored five more for Service Btry.

Three Btry B players — Crisolo, Westley Smith and Erik Kemberling — shared top scoring honors for the half with four points each. Both teams traded baskets for

most of the early second half with Service Btry. just managing to stay in the lead.

They led 36-33 with 6:30 left on the clock and then extended that lead to 41-36 with just two minutes left in play.

Frantic play caused Btry. B to turn the ball over often to Service Btry. in the final two minutes, and deliberate fouls sent the leaders to the charity stripe to widen their lead despite a couple of field goals by Btry. B's Kemberling and John Whicheers.

Frank Stalling led Btry. B scoring in the second half with 9 points. Smith hit one three-pointer

in the half.

Jewel Brock led Service Btry. scoring in the second half with 8 points. Ollison, Durrigins and Curby Dawson added 4 points each.

In other Southern League games Feb. 1, Task Force Dependable defeated Battery D, 1st Bn., 5th FA, 55-33, and D Troop, 4th Cavalry, defeated Company A, 1st Battalion, 16th Infantry, 46-40.

Mike Heronemus can be contacted at mike.heronemus@riley.army.com or (785) 239-8854.

Southern League Standings

(as of Feb. 1)

Team	W	L
HHC, 1-16 Inf	2	0
Co A, 1-16 Inf	1	2
Co B, 1-16 Inf	4	0
HCB, 1-5 FA	1	2
Btry B, 1-5 FA	1	3
Btry D, 1-5 FA	1	4
Svc Btry, 1-5 FA	4	2
D Trp, 4th Cav	1	4
HHC TFD	3	1

Dodgeball

continued from page 11

Teams consist of six players. Matches consist of three games with the winner eliminating opponents in two of those three games.

Players can be eliminated in two ways: Anyone hit by a ball is eliminated and anyone throwing a ball that is caught by an opposing player before it hits the ground is out.

When a teammate catches a thrown ball, one of his eliminated players can re-enter play.

Games end after five minutes of play and the team with the most members still on the court is declared winner. If both teams have the same number of players on the court after five minutes, they play a one-minute overtime.

The court is defined as the open playing space bounded by a basketball court's sidelines and the wall behind each baseline of the basketball court.

Each game begins with six balls placed on the mid-court line. Upon the game supervisor's command, players rush to pick up

balls to throw at their opponents. A false start reduces the number of a team's players eligible to rush for the balls to three.

Once balls are retrieved, players must retreat to the free throw line before they can throw the balls at their opponents. Any player going in front of the free throw line when throwing will be eliminated from play.

Balls that bounce off the floor, the wall or another player before hitting a player do not eliminate anyone except the first player hit. Players may block a thrown ball with a ball they are throwing, but if they drop their ball, they are out.

When a player is hit in the head by a ball, neither the hit player nor the thrower is eliminated, unless the person hit is ducking a thrown ball. In that case, the hit player is out.

A teammate who catches a ball that hit a teammate before the ball hits the floor saves that teammate from elimination.

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Jewel Brock puts up a short shot from the paint for Service Btry, 1st Bn., 5th FA, Feb. 1. Getting positioned for a rebound attempt are Btry. B, 1st Bn., 5th FA, players Erik Kemberling (24) and Timothy O'Connor (64).
Post/Heronemus



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Sports news briefly

Baseball league seeks teams

Manhattan Parks and Recreation Department is accepting team registrations for the 2006 Wildcat League baseball program. Leagues are available for children 8 years and under through 14 years and under.

Teams will be accepted on a first pay, first play basis for all age divisions. Deadline to sign up is March 31.

The fee is \$650 per team and includes 10 doubleheaders, staff, game balls and USSSA sanction fee. Teams must provide their own equipment and uniforms.

The Wildcat League season will run from May 1 through July 14. Games will be played at Twin Oaks Sports Complex or at CCo Park.

For more information, call Mike Buchanan or John Markham at (785) 587-2757.

Soccer signup under way

Registration for Fort Riley Youth Sports' spring soccer season will be from noon to 5 p.m. through Feb. 24 at Central Registration in Building 6620.

Child and Youth Services charges an annual \$18 fee per child (maximum fee is \$40 per family).

Participants must have a sports physical form on file and dated on or after May 28, 2005.

The program is open to family members of active duty military and Department of the Army civilian employees.

Volunteer coaches also are needed.

For more information, call the Youth Sports Office at 239-9223 or Central Registration at 239-4847.

*Post/Heronemus*

Steve Kirchoff (4) blocks a shot for Co. C, 1st Bn., 34th Armor, early in the Eastern League game against 4th IBCT Feb. 2. Also under the basket for Co. C is Gilbert Blizzard (22). The 4th IBCT defeated Co. C 47-30.

Northern League

(as of Feb. 6)

Team	W	L
HHC, 24th ID	5	2
Meddac/Dentac	1	3
116th MP Co	2	2
997th MP Co	1	4
10th ASOS	0	6
Co A, 1-190 MPs	3	1
3-75th Inf	0	2
Co A, 1st Eng Bn	2	2
1st Mntc Co	5	1
172nd Chem Co	2	2

Team gets first win

4th IBCT defeats Armor crew to end streak

By Mike Heronemus
Editor

Ending their four-game losing streak, 4th Infantry Brigade Combat Team defeated Company C, 1st Battalion, 34th Armor, 47-30, Feb. 2 in Eastern League action at King Field House.

Cold shooting hurt both teams through much of the first half, with 4th IBCT turning more opportunities into a 19-4 lead at the half.

Two 4th IBCT players sank a three-pointer apiece in the first six and a half minutes to start 4th IBCT toward their first league win. The Infantrymen continued to score while Co. C's shots refused to go in. After 11 minutes of play, 4th IBCT had scored 15 and kept Co. C from scoring. Marcus Rivers scored 2 points for the Armor.

Both teams mounted strong defenses led by some key men under the basket. Tommie Brown blocked one shot for the Infantrymen and Steve Kirchoff blocked a shot for the Armor.

Mason led Infantry scoring in the first half with 6 points, both treys. Brown and Tyree Strickland added 4 points each.

The Armor improved their offense for the second half, even drawing first blood and putting in 9 points in the first seven minutes of play to cut the Infantrymen's lead from 15 points to 9 points.

The Infantrymen rallied, responding to the Armor's renewed offensive effort with a charge of their own that expanded their lead to 35-22 with seven minutes left in the game. They increased the lead to 39-22 two minutes later and finished up at 47-28 score with a half minute left to play.

Co. C wrapped up scoring in the final half minute with 2 more points.

Roger Richards led Infantry



Adrian Saucedo (31) of Co. C, 1st Bn., 34th Armor, makes a spinning dribble move trying to get around 4th IBCT defender Quentin Mason (18) Feb. 2.
Post/Heronemus

scoring in the half with 7 points, including one three-pointer. Brown added 6 points, Jermaine Dillard 4, Mason 4 and Corey King a three-pointer.

Ronald Rhodes led Armor scoring in the second half with 10 points, including two treys. Arnold Muldrew and Kirchoff added 4 points each. Muldrew hit a trey during the half.

In other Eastern League action Feb. 2, Company A, 1st Bn., 34th Armor, defeated 610th Brigade Support Battalion 53-38 and Headquarters and Headquarters Company, 1st Bn., 34th Armor, defeated 331st Signal Company 42-39.

Eastern League

(as of Feb. 2)

Team	W	L
331st Signal	2	3
HHC, 1-34 Armor	5	0
Co A, 1-34 Armor	6	0
Co C, 1-34 Armor	1	4
HHH/A 101st FSB	3	2
Co B, 101st FSB	2	3
HHC, 1st BCT	1	5
4th IBCT	1	5
610th BSB	3	2

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Soldiers, players share time

Former NFL players watch Super Bowl XL while in Iraq

By Cassandra Groce
AFPS

TIKRIT, Iraq, Feb. 7, 2006 — Watching the Super Bowl with retired NFL greats at your side and talking sports ranks right up there with being at the game itself.

Some Soldiers viewing Super Bowl XL live at 2 a.m. Iraq time Feb. 6 were joined by an entourage of traveling football players at Forward Operating Base Speicher in Tikrit.

New England Patriots running back Keith Byars, who played in Super Bowl XXXI; linebacker Bryan Cox, who helped the Patriots win the Super Bowl in 2001 for the first time in franchise history; kicker Nick Lowery, who broke virtually every Kansas City Chiefs record, including longest field goal; and Chiefs running back Christian Okoye, nominated for the 2000 Hall of Fame, attended.

Also with the group was businesswoman Bonnie-Jill Laflin, a former Dallas Cowboys and 49ers cheerleader.

They visited troops at several locations besides Tikrit, including Camp Adder in southern Iraq and Camp Ramagan near Samarra, Iraq.

While at Ramagan, the players' "toughness" was challenged by returning Soldiers from a convoy. The jests led to the players being given a chance to fire a .50-caliber machine gun and an M-4 carbine.

The group's trip to Iraq had sobering moments as well. When they first arrived in Kuwait, they watched fallen Soldiers being shipped back to Iraq.



AFPS/Groce

Soldiers wait behind Keith Byars and Bryan Cox for an opportunity to take a photograph with the former NFL players at Forward Operating Base Speicher in Iraq.

"It was very sobering and really put things into perspective for them," said Brian P. Lee, director of Marketing Ventures and Promotions that put the NFL players' tour together.

"Regardless ... if you think the war is right, wrong or otherwise, we have people over here battling for our freedoms," Cox said. "So it's important that I come over here and let the guys and girls know how thankful I am that

(they) sometimes have to give up (their) life for others to be free."

Seeing the country firsthand and talking with Iraqis showed the athletes a whole new side to a very high-profile war.

"You read all kinds of junk about the country, and once you come to Iraq your thoughts and views are changed," Okoye said.

"This is real and a lot of things are a lot better than I thought and what I have seen on television.

(These) guys have really done a good job bringing freedom to the country. From what we hear on TV and see in newspapers, it didn't sound like this, so I am very impressed," he said.

"It's funny talking to the Iraqis and seeing how nice they are," Laflin said. "Everyone here seems happy and that the war is making a difference. I think if you come over here it changes your opinion."

The players and Laflin spent hours visiting troops throughout the camps, signing autographs and taking pictures with them. They also took the time to eat dinner with troops at their chow halls.

"We want to say to them to hang on keep doing what they are doing," Okoye said. "They have our support. Just looking at them and seeing the smile on their face makes me feel good, so they have my support."

Even though the athletes had been on the go for 20 hours, they wouldn't pass up the chance to watch the 2 a.m. Super Bowl game with the troops.

The group traveled to different locations where servicemembers were viewing the game.

"We've been all over Iraq to support the troops, and it is very dear to my heart," Laflin said.

"My uncle served in Vietnam and my grandfather in World War II, so it was very important to come out here and give the troops a smile and hopefully make a difference," she added.

Pfc. Cassandra Groce is assigned to the 133rd Mobile Public Affairs Detachment.

Wildside continued from page 11

great place to seek out many of the song birds that over-winter here. Birds such as black-capped chickadees, white-breasted nuthatches, dark-eyed juncos, tufted titmice, northern cardinals and several species of woodpeckers can all be seen and heard around trees and birdfeeders.

For those who have little interest in feathers or fur, there is some quality fishing to be done this time of year.

Moon Lake is now a state-designated trout water and has already been stocked three times this winter with rainbow trout. Additional stockings are planned for Feb. 16, March 16 and April 13.

People actively fishing for trout in Moon Lake must possess a Kansas fishing license and a state trout permit. State permits and licenses, including the Fort Riley hunting permits, can be purchased online at

http://www.kdwp.state.ks.us/nr/conservation/permits_sales_or_at_any_state_license_vendor.

Winter is a great time to get outside no matter what you decide to do, especially considering the recent stretch of mild weather. It is the only time of the year you don't need to worry about bug bites, poison ivy or hoards of people.

As always, when you embark on any outdoor adventure, think about including a child or teenager who might not be familiar with the outdoors. It is crucial that we work to instill good ethics and an understanding of the outdoors in today's youth in order to preserve the outdoors for generations to come.

If you have questions concerning any form of outdoor recreational activities on Fort Riley, contact the Conservation Office at (785) 239-6211.

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Physical exertion builds unit camaraderie

'Black Lions' leaders set physical training 'Omega' standards

By Barron Wester

1st Battalion, 28th Infantry

The senior leadership of 1st Battalion, 28th Infantry Regiment conducted "Omega Physical Training" Jan. 23-27 to set the standard for physical training in the light infantry battalion that was activated last month as part of the 4th Infantry Brigade Combat Team.

The Omega PT follows the brigade's plan of setting standards among its leaders and in all areas of operations before integrating

those standards at all levels of the brigade.

The Omega PT served a dual purpose. It built camaraderie among the senior leadership in the battalion and established a culture of physical training for all "Black Lions" Soldiers, according to several who participated in the event.

The event began the first afternoon with the battalion's sergeants first class and above participating in a challenging 90-minute traditional PT session consisting of a 4-mile run, pushups, sit-ups and series of sprints.

The following morning, the group of leaders shouldered their rucksacks for a 6-mile march at a 15-minutes-per-mile pace. The fact that much of the route was "off-road" over rough, uneven terrain provided an additional challenge.

Such marches are a vitally important part of training for light infantry units. "In the light infantry, we move in LPC's - Leather Personnel Carriers," one noncommissioned officer joked, giving his boots that fancy name. "When we say 'dismount,' we

mean take your boots off!"

The next morning, training consisted of sprint intervals on a running track and intense weight training.

The fourth day of Omega PT focused on Modern Army Combatives training.

Lt. Col. Patrick D. Frank, battalion commander, stressed the importance of combatives training by reminding his team of leaders that some Soldiers have never been in a physical struggle.

"We do not want the Soldier's first experience with hand-to-hand combat to be against a terrorist," he said.

For the culminating event Jan. 27, officers and NCOs paired off in buddy teams and competed for top honors in several back to back events. The course began in front of the battalion headquarters, where each team bench pressed 165 pounds as many times as possible in two minutes.

A 400-meter buddy carry followed and ended at some climbing ropes. Each team member had to climb to the top of a 30-foot rope before sprinting back to the start line.

Waiting at the start line was a litter and full, 5-gallon water can for each team. Carrying the 5-gallon water can on the litter, each team ran a 1-mile course as quickly as possible.

At the completion of the 1-mile litter carry, the teams sprinted 400 meters to a final station where they did in one minute each as many pushups, sit-ups, and pull-ups as they could before running a 4-mile course to the finish line.

First Sgt. Brian Waterman of the battalion's Headquarters and Headquarters Company pointed out that besides being great physical training, "...it is a good way to integrate new leaders into the battalion." Another participant, 1st Lt. Matthew Hinz, summarized the entire event as follows: "I was sore. I was tired. It was great PT!"

Chap. (Capt.) Barron Wester is chaplain for the 1st Battalion, 28th Infantry, "Black Lions."

First Sgt. Jeffery Griffith (left) and Capt. Bret Hamilton of Co. A, 1st Bn., 28th Inf., run while carrying a 5-gallon can filled with water as part of the "Omega PT" event they and other leaders of the "Black Lions" participated in Jan. 23-27.

1st Bn., 28th Inf./ Wester



MILITARY AFFAIRS COUNCIL
1 x 2.5"
Black Only
102.5 Military Affairs

MCKEE MEDIA
2 x 2.5"
Black Only
202.5 ASRC communications

MILITARY OUTLET
3 x 3"
Black Only
303 Military Outlet

4X4 LAND, INC.
3 x 2"
Black Only
302 4x4Land Feb TF

MILITARY ONESOURCE-AFC
6 x 11"
Black Only
PULL 660021 Turbo tax



\
6 x 21.25"
Black Only
green to gold full page





Kansas boasts lots of 'big' attractions

Special to the Post

So, what's so big about Kansas?

The wide-open spaces in Kansas allow people to dream and make big things happen, state tourism officials claim. That positioning statement is at the core of a Kansas image campaign.

The "Kansas. As big as you think" message is found at dozens of attractions throughout the state, including:

Big thinker

One of the world's big thinkers, and one of the most famous Kansans, President Dwight D. Eisenhower, called Abilene home. The Eisenhower Center there includes his Presidential Library and boyhood home.

Big flight

Born and raised in Atchison, Amelia Earhart disappeared without a trace, but not before becoming the first woman to fly solo across the Atlantic Ocean. Her life can be discovered at the Amelia Earhart Birthplace Museum, located in the home where she was born.

Big prairie

America's last great stand of tallgrass prairie, more than five million acres in the Flint Hills of east central Kansas, includes the nation's only national park dedicated to the tallgrass prairie. The Tallgrass Prairie National Preserve in Strong City is dedicated to these native grasses that at one time covered most of the central United States and the cultures it sustained. Visitors can walk through the prairie or take a bus tour for a close-up look at this unique ecosystem. The nearby Konza Prairie near Manhattan also offers trails and sweeping views of the rolling Flint Hills.

Big ball of twine

The world's largest ball of twine in Cawker City measures more than 38 feet in circumference and weighs more than 16,750 pounds. More than 300,000 people visit the big ball each year.

Big sunflowers

A giant painting of Vincent Van Gogh's sunflowers rises above

FIRST PRESBYTERIAN
CHURCH
1 x 2.5'
Black Only
1x2.5 1st Presb Feb TP

BODY FIRST
1 x 3'
Black Only
1X3 Body First Feb Ad

FLORENCE ADAMS, INC.
1 x 3'
Black Only
1X3 Florence Adams

Goodland. The 80-foot tall steel easel with a 24-foot by 30-foot tall painting of the famed sunflowers is easy to see from Interstate 70 passing the western Kansas town known for sunflower growing and oil processing. Part of the worldwide Big Easel project by Canadian artist Cameron Cross, Goodland is the home to the only one in the United States.

Big animals

The state animal, the buffalo, still roams the plains of Kansas and can be found at several of the state's wildlife refuges. Visitors to two of these, the Finney Game Refuge in Garden City and the Maxwell Game Preserve in Canton, can get an up-close look at these majestic creatures that can grow to six feet tall and weigh up to 2,000 pounds. Both refuges offer guided tours into the prairies.

Big rocks

Rock City near Minneapolis has more than 200 giant sandstone concretions (large round rocks), some as large as a house, on view in a field as large as two football fields. Visitors won't find this many giant concretions anywhere else in the world. The geological wonders are left over from the inland ocean that once covered part of the state. It's now a designated national landmark.

Big shovel

The second largest electric coal shovel in the world can be found at West Mineral. Big Brutus, as it's fondly called, sits in the heart of a former coal mining region of Kansas. Visitors can even climb to the top of the boom - 16 stories high.

Big reserves

The area of Hugoton holds the largest gas field in North America - five times bigger than the state of Rhode Island. Natural gas forms between layers of chalk, shale, limestone and sandstone and is often accompanied by helium. The Hugoton gas field also has the world's largest reserve of helium.

Big highway

The first section of the U.S.

COTTONWOOD THEATERS
1 x 3'
Black Only
1x3 Cottonwood Feb

MCKEE MEDIA
2 x 6'
Black Only
102055-DM

Interstate system was completed just west of Topeka. The eight-mile stretch of Interstate 70 opened on Nov. 14, 1956, less than four months after President Eisenhower signed the Interstate Highway Act of 1956. This was the largest public works project in world history. The 400-mile road in Kansas holds a wealth of tourist attractions in the towns along the roadway.

Big salt

Hutchinson is home of the largest salt deposit in the world. It's 100 miles long by 40 miles wide and 600 to 1,000 feet below the surface of the earth. More than 300,000 tons of rock salt is mined there each year. The new Underground Salt Museum will open in the spring of 2006 and will include a visitor's center 650-feet below ground.

Big river

Lewis and Clark and their Corps of Discovery trekked through the northeastern part of the state along the mighty Missouri River from June 26 to July 11, 1804. While in the area they accomplished several firsts, including the first Independence Day in the American West near Atchison on July 4, 1804.

Big guns

Famous lawmen such as Wyatt Earp, Wild Bill Hickok and Bat Masterson roamed the plains keeping the peace in the rough and tumble wild west towns of Dodge City, Abilene, Ellsworth, Hays and Wichita.

Big trail

More than 500 miles of the famed 800-mile Santa Fe Trail bisect the state. Bound for Santa Fe, travelers from the eastern part of the state endured uncharted

BROOKS YAMAHA
2 x 5'
Black Only
2x5 Brooks ATV

prairie in their quest to establish commerce with this remote Spanish outpost in present-day New Mexico.

Big marsh

Lying in a natural depression of about 60 square miles near Great Bend, Cheyenne Bottoms is the largest marsh in the interior of the United States. Designated a Wetland of International Importance, it is considered the most important shorebird migration point in the western hemisphere. At least 320 bird species have been recorded at the Bottoms.

Big well

The world's largest hand-dug well in Greensburg was a masterpiece in pioneer engineering when it was completed in 1888. At 109 feet deep and 32 feet in diameter, the city of Greensburg used it for its public water supply until 1932. Today, tourists can walk to the bottom of the well and experience this engineering marvel firsthand. The well's visitor center contains another big attraction - the world's largest pallasite meteorite (1,000 pounds) found in a nearby field.

Big fish

The 51 state fishing lakes and fishing areas and 26 federal reservoirs provide more than 175,000 surface acres of water for fishing enthusiasts to enjoy. From channel catfish to walleye and bass, Kansas doesn't disappoint when reeling in the big ones.

Big game

Kansas hunting opportunities are found across the state and are as diverse as the land itself. The ring-necked pheasant may be the state's top draw, making Kansas one of the top three states in the nation for pheasant hunting. Deer

hunting in Kansas has attracted worldwide attention and the numerous trophy bucks keep hunters coming back for more. Not to be outdone, prairie chicken, duck, bobwhite quail, turkey and small animal hunting opportunities abound across the state as well.

Big race

With more than 36 racecar tracks and speedways located across the state, there is plenty of opportunity to find a big race in Kansas. Kansas Speedway in Wyandotte County leads the way with its 1 1/2 mile NASCAR track. Heartland Park in Topeka and Dodge City Raceway Park, along with dozens of smaller asphalt, clay and dirt tracks, keep Kansas in the fast lane.

Big heritage

William Allen White once said,

"When anything is going to happen in this country, it happens first in Kansas."

The state has been pivotal in American history since its founding, when it was the battleground for pro-slavery forces and abolitionists during the "Bleeding Kansas" period before the Civil War.

Places to relive the history are found throughout the state, including Lawrence, home of the abolitionists and Underground Railroad activities, the all-black town of Nicodemus settled by freed slaves in 1877, Mine Creek Civil War Battlefield in Pleasanton, and dozens of other towns and historic sites across the state.

Check out these and other attractions on the Kansas Travel & Tourism Web site, www.travelKS.com or call 800-2KANSAS for a copy of the new 2005 Kansas Getaway Guide.

SETH CHILD CINEMAS
2 x 5.5'
Black Only
2X5.5 Seth Childs/Feb

KSU DIVISION OF CONTIN. EDUCAT
3 x 6'
Black Only
3x6 KSU Cont. Ed



Fort Riley Community Life

Friday, February 10, 2006

America's Warfighting Center

Page 19

Community news briefly

Youth services classes set

Child and Youth Services at Fort Riley has scheduled the following classes:

Feb. 18 – 9 a.m. to 3 p.m., Red Cross baby sitting class

Feb. 18 – 3 to 5 p.m., Home Alone training

Feb. 18 – 3 to 4 p.m., youth sponsorship

For more information, call 239-9173.

Action council to meet Feb. 15

The next Community Action Council meeting will be 9:30 a.m. Feb. 15 at Riley's Conference Center. The council hears updates on post organization services and events.

The CAC meeting is televised on post cable channel 2 at 8:30 a.m. and 12:30, 6:30 and 10:30 p.m. for four days following the meeting.

Quilt class set at craft center

The Fort Riley Arts and Crafts Center has scheduled a quilting class for Feb. 25 Feb. Participants will learn to make a quilted table runner.

The class fee is \$20 plus cost of supplies.

Class will run from 9 a.m. until the project is completed – about five hours. Participants may leave early if they need to.

For more information, call 239-9205.

Spouses offered scholarship

The National Military Family Association is accepting applications for its Joanne Holbrook Patton Military Spouse Scholarships. Any uniformed service spouse – active duty, retired, National Guard, Reserve or survivor – studying toward professional certification or attending post-secondary or graduate school can apply.

Scholarships, normally in the amount of \$1,000, may be used for tuition, fees, books and school room and board. The number of scholarships awarded each year varies.

Applications can be found at <http://www.nmfa.org/scholarships2006>.

Applications will only be accepted online and must be submitted by midnight April 15.

Spouses set movie night

The Fort Riley Officers' and Civilians' Spouses' Club will host a club movie night beginning at 6 p.m. Feb. 16 at the Rally Point in Camp Forsyth area.

The movie will be "Grease," so members are encouraged to dress up as their favorite "Grease" characters. Dinner will be hamburgers and French fries.

For child care reservations, call Debra Parker at 784-2793 by Feb. 12.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Winning style



Kim Osenga reads "Crash" by Jerry Spinelli to one of her eighth-grade language arts classes Feb. 3 at Fort Riley Middle School. Osenga said she couldn't have won the Kansas Horizon Award without her students.

Fort Riley teacher wins Horizon Award

By Anna Morelock
Staff writer

Kim Osenga, an eighth-grade language arts teacher at Fort Riley Middle School, won the 2006 Kansas Horizon Award, thanks to the support of her students and fellow teachers, she said.

The Kansas Horizon Award program identifies and recognizes representatives of excellent teaching in elementary and secondary classrooms throughout the state.

Each school district in the state nominates one elementary and one secondary teacher who have completed their first year of teaching.

Fort Riley Middle School Principal Joe Handlos said Osenga was nominated for several reasons.

One reason, he said, is her desire to grow professionally. During her first year at the school she broke down language arts standards into language that students and staff could understand and presented it during a staff development session. That's a huge undertaking for a first year teacher,

Handlos said.

Handlos also commended Osenga's patience and perseverance in working with special needs children.

"She's very strong. She's the same every day, and she doesn't give up on any kid," he said.

Osenga's approachability and knowledge of her subject is a great combination, Handlos said. "She's very 'user-friendly' for the kids."

Osenga, who got her degree in education from Kansas State University, said she originally started off working on a business degree, but decided she couldn't imagine working in an office for the rest of her life and switched to education.

While working on her education degree, Osenga imagined that she would be teaching high school students after graduation. She did her student teaching with USD 475 and said she really liked the district, so when a position opened at the middle school she jumped at the chance.

See Award, Page 20



Kim Osenga meets with one of her students before class Feb. 3.

Re-enactor to perform at observance

Staff report

Rosa Parks' persona will share her journey as the "Mother of Civil Rights" at Fort Riley's African American/Black History Month Observance Feb. 14 at Riley's Conference Center.

Historical re-enactor Melissa Waddy Thibodeaux of Houston, Texas, will portray the life and times of Parks at this year's observance.

Through Thibodeaux's character interpretation, the audience will take a journey beside Parks as her life is revealed and her role in civil rights, includ-

ing her refusal to give up her seat at the front of a bus in Alabama, is portrayed.

Parks' words will explain what it was like growing up under the segregation and discrimination permitted by "Jim Crow" law and the challenges she faced and how

she found, in the midst of adversity, the strength needed to succeed.

The Fort Riley Equal Opportunity Office will host its annual observance from 11:45 a.m. to about 12:45 p.m.

The observance is free and open to all Soldiers, family members and civil-

ians of Fort Riley and the surrounding communities.

A food sampling prepared by Riley's Conference Center will be available after the presentation.

For more information, call the Fort Riley Equal Opportunity Office at 239-3379 or 239-2277.

Military Life

Every man's battle: Maybe some take a little religion

By Jacely Eckhart
CinCHouse.com

When a military chaplain appearing on ABC news said how pornography use is becoming a problem for troops overseas, I listened. When the chaplain talked about how real women at home couldn't measure up to the impossible pictures, I thought of this woman I had seen years ago in a bookstore on base in Japan.

I shouldn't remember her. The woman was not one of those people you even notice, much less

remember. She had no particular hair color, no charm of face. She reminded me of wide egg noodles and cream of mushroom soup and Minute Rice.

But I noticed her when her Sailor husband handed her a stack of magazines maybe 5 inches thick. Penthouse. Playboy. Hustler. Worse. He must have picked up every single porno mag the bookstore offered.

While I watched and the people behind me watched, the wife took the stack from him. She held it in her hands that had probably stroked his face, patted his back,

About the author:

Jacely Eckhart is a columnist for the Norfolk Virginian-Pilot and CinCHouse.com.

Until that moment, I'd always thought pornography was no big deal, a boys-will-be-boys kind of thing. Seeing her in person shook me – her pasty face, her terrible resignation.

So I paid attention to the news segment about these 11,000 sexual purity kits that are going to military members in Iraq. Following the popular "Every Man's Battle" series from New Life Ministries, the kits promote Bible-based abstinence for men and women: no pornography, adultery, nonmarital sex or masturbation.

I heard that and kind of winced. It seemed too old-fashioned a solution for a time when pornography is as available as a paper-wrapped burger. It made me think of some of those goofy general defense movies from World War II.

Still, I can think of two couples I know who have divorced over pornography addiction. I read every week about how it's getting to be more and more of a problem for every age group.

But a religious text? I just didn't know.

See Every man, Page 20



Post/Stalrett

Not-so-secret admirers mail holiday fun

Heather Moates, Operation Holidays' director of public relations, attaches customs forms to Valentine's Day care packages bound for deployed Soldiers. She, Kathy Alvarez, the president and creator of Operation Holidays, and post office clerk Orlando Rivera prepared the packages Feb. 4 at the Fort Riley Post Office. The non-profit organization sent 786 Soldiers Valentine's Day care packages that contained candy, hot chocolate, snack cakes, envelopes, pens and Valentine's Day cards. Alvarez estimated shipping costs would total \$1,000. She said it took one 16-hour day to shop for supplies, pack and address boxes and complete customs forms. The organization collects money and other donations to send deployed Soldiers care packages during holidays, such as Easter, Halloween and Christmas. Before forming an assembly line with two others to begin processing Valentine's Day care packages, Alvarez and Moates presented a certificate to the Fort Riley Post Office in honor of its help during Operation Christmas 3.

Fort Riley wins blood drive with 98 pints

Staff report

Fort Riley donated more pints of blood than McConnell Air Force Base during a competition between the two installations.

Fort Riley's goal for the two-day drive in November 2005 was 45 pints each day. Both days saw more blood flowing than expect-

ed. The two-day total was 98 pints, 40 of which were from the veins of first-time donors.

McConnell started the drive with a goal of 90 pints, but ended short with only 72 good pints of blood.

In recognition of Fort Riley's triumph, Garrison Commander Col. Thomas Smith was presented

a trophy by the Red Cross on Jan. 20 at his office.

The traveling trophy will stay at Fort Riley until the next annual challenge.

The next blood drive on post is from 8 a.m. to 5 p.m. Feb. 14 and 15 at Riley's Conference Center. The drive's goal is 50 pints per day.

SHEAR EFFECTS
2 x 2.5"
Black Only
2x2.5 Shear Effects

INDEPENDENCE JEWELRY
2 x 2.5"
Black Only
2X2.5 Indep Jewel Hug & Kisses

RODS HALLMARK - JC
2 x 4"
Black Only
2x4 Valentine's day

FIRST ASSEMBLY OF GOD-MANHATTA
2 x 4"
Black Only
2x4 1st Assem/God Feb TF

SUNBURST BEAUTY PAGEANTS
2 x 4"
Black Only
2x4 Sunburst Pageant

LITTLE APPLE CHORUS
2 x 4"
Black Only
2x4 LitAppChor Singing Val

LEES WESTERN WEAR
2 x 3"
Black Only
2x3 Lee's Western Wear

DAILY
2 x 4"
Black Only
2x4 Dan's Cycle

G.C.H. HOME MEDICAL EQUIPMENT
2 x 4"
Black Only
2x4 GCH

Board seeks members

Parent Advisory Board gives parents say in their child's day even while working

By Anna Morelock

Staff writer

Many Fort Riley parents can't be with their children during the day, but they can have a voice in what their children are doing by attending Parent Advisory Board meetings.

Fort Riley's PAB meets monthly to discuss education issues and ideas for the betterment of child care programs on post.

Parents are encouraged to attend the monthly meetings on the first Thursday of every month at 4 p.m. at Child and Youth Services on Custer Hill.

"We'd like to get at least two parents from every program to attend the meetings," said Joann Valenzuela, the new outreach ser-

vice director for Child and Youth Services.

Parents can present goals and activities they'd like to see implemented in the programs their children attend, she said. "We want parents to attend because it's going to be advantageous to their children," she added.

The council also is looking for parents to become involved in leadership roles in the council.

"Ideally the group should be led by the parents," Valenzuela said, "with us just to tell them what is and isn't within the guidelines provided by Fort Riley."

The council isn't just looking for spouses to become involved either. Soldiers are encouraged to attend the meetings.

Besides having a say in their children's programs, parents also

can earn participation points through the Parent Participation Program.

Parents who attend the meetings can acquire two points per meeting.

Those points can be used for a 10 percent discount toward their child care fees, explained Shelley Anderson-Buckley, director of the Schools of Knowledge, Inspiration, Exploration and Skills program.

The next Parent Advisory Board meeting will be 4 p.m. March 2.

Parents with questions about the board should contact Valenzuela at 239-9587 or joann.valenzuela@riley.army.mil or Anderson-Buckley at 239-4723 or rashelle.anderson@riley.army.mil.

Every man

continued from page 19

I picked up a copy of one of the books at a Christian bookstore. At first I was uncomfortable reading it. I'm Christian. I practice my faith. But this book was written by men who are far more zealous in their faith than I am in mine.

These authors wrote about sexual purity and a man's relationship to God.

Their recommendations seemed a little extreme to me, suggesting that men avoid not only pornography, but also maga-

zine advertisements and movies with a rating over PG-13.

But the more I read it, the more I understood why the chaplains had ordered the book. The whole second half of the book is about setting up the defenses of the marriage. They went over

how to handle it when you find yourself attracted to someone else. They had a strategy for how to behave when someone is attracted to you.

They didn't say if. They said when. They didn't write as

though men were idiots or slaves of passion. They reminded their male readers to honor and cherish the women they married, to remember what the wife gave up in order to be married to them.

In what way can I object to that?

Yes, I am a little leery when it comes to mixing faith matters with big organizations like the military. Still I can't stop thinking about that poor woman. I can't stop thinking about her husband.

Award

continued from page 19

I really felt like I connected with the teachers here during my interview, Osenga said.

Osenga said she loves teaching for the randomness. "There's always something different every day."

"It's one of the most challeng-

ing, but also one of the most rewarding jobs," she said.

Osenga will be presented with her award at the Kansas Excep-

tional Educators Conference in February.

"I'm honored and excited," Osenga said of her award.



Community news briefly

Parenting class date moved up

The beginning date for the next "Becoming a Love and Logic Parent" class has been moved from April 3 to Feb. 20. The classes will meet Feb. 20 and 27, March 6, 13 and 27 and April 3.

Classes meet from 6:30 to 8:30 p.m. at the First Presbyterian Church, 113 W. Fifth St., in Junction City.

Classes are free and free child care and transportation can be provided.

For more information, call the Community Connections office at 717-4021 or send e-mail to JimWilliams@usd475.org.

Art workshop planned

Child and Youth Services' instruction program in Building 6620 will offer an art workshop from 11:30 a.m. to 1 p.m. March 20-24.

Children ages 6 and older are welcome.

Registration begins Feb. 15 in Building 6620. Cost for the week-long workshop and art supplies is \$35. Participants must bring a sack lunch.

For more information, call 239-4847.

Spouses plan bowling event

The Enlisted Spouses Club will conduct its general membership meeting at 6:30 p.m. Feb. 22 at Custer Hill Bowling Center.

All current ESC members will bowl for free. Members can bring a friend to bowl, too.

Child care is provided, but call 784-2980 to reserve a spot.

School Age Services listed

Feb. 11 – 10 a.m. to 1 p.m., free child care for families of deployed Soldiers

Feb. 13 – Arts and Crafts Center, Building 6918, 3rd through 5th grades

Feb. 14 – Riley Wheels Skate Rink, Building 202, 3rd through 5th grades and kindergarten

Feb. 15 – Riley Wheels Skate Rink, Building 202, 1st and 2nd grades

Feb. 17 – Black History Month speaker at School Age Services building

Feb. 20 – School Age Services closed for holiday

For more information, call 239-9220.

Fund helps families after war

Operation Family Fund relieves financial stress for injured

By Paul X. Rutz

AFPS

WASHINGTON – In the past six months, the eight volunteers of "Operation Family Fund" have given \$300,000 in grants to military families in need.

Operation Family Fund provides grants with no strings attached to the families of service-members who have been killed or severely wounded, said Mike Cash, the group's founder and chief executive officer.

"The most memorable moment is when I make the phone call and usually talk to the Soldier himself who's been severely injured or his spouse," Cash said. "They begin to cry and explain to me the financial pressures they've been under. So the \$5,000 or \$10,000 is going to help keep their house payments up, their car payments up, the utility bills and things like that."

Speaking from his office at Naval Air Systems Command at China Lake, Calif., Cash said he founded the all-volunteer nonprofit organization in April 2003.

The 25-year Defense Department civilian employee said he encountered a problem while trying to donate money to the family of a Navy pilot killed off the coast of Afghanistan.

Cash said he wanted to give

Operation Family Fund

The nonprofit organizations' mission is to provide for the families of those who have been killed or severely disabled as part of Operation Iraqi Freedom and Operation Enduring Freedom with funds for immediate or long-term needs.

Operation Family Fund has set a financial goal over the next 10 years to disburse \$250,000,000 for eligible members and families. The goal for the National Memorial Fund is \$2,000,000 over the next five years.

For more information, visit www.operationfamilyfund.org/ on the Web.

money to help support the pilot's family and allow them to spend it any way they saw fit.

He called each of the service-connected nonprofits – Navy-Marine Corps Relief Society, Army Emergency Relief, Air Force Aid Society and Coast Guard Mutual Assistance.

Each group gave him the same answer: Their charters only allow them to give funds, typically on the order of \$100, to families for particular purposes. They are unable to give grants of thousands of dollars for general use.

"They actually challenged me," Cash recalled. "The CEOs of those nonprofits challenged me to go ahead and see if I could start something like that. So basically I took that challenge."

After a slow start the first year, the fund has grown exponentially, helping more than 50 families to date, he said.

Six of the group's eight volunteer fundraisers normally put in three hours a week, while Cash and the group's financial officer work two to three hours per day seeking donations.

Cash said lasting partnerships between his group and the people who work directly with the injured veterans are key to the fund's success.

He said his group works mostly with Department of Veterans Affairs hospitals, social workers and case managers. "They refer the families to us," Cash said. "In fact, we have a number of social workers that actually help them

make the grant application and send it to us."

That keeps families from being bogged down by paperwork in such stressful times, he said.

One of the group's frustrations has been maintaining communication with case managers and social workers who have the most direct contact with the troops and know what help they need, Cash said. "We still have a lot of work to do to get the word out," he said.

Over the past three years, the group has been able to expand its services beyond its original scope. At first, the organization only granted funds to troops wounded or killed in Iraq or Afghanistan, but lately it has helped Soldiers injured in Africa and Bosnia. Soon, Operation Family Fund hopes to expand even further, Cash said.

"Recently we've had several requests to provide some financial support for (troops) injured in the line of duty," he said. "We're looking at modifying our charter to include those injured in the continental United States) and training exercises."

Cash said the group is prepared for a long haul. "We have a very long term commitment to this," he said. "This was not just a short-term thing... I committed at least a minimum of 10 years to help these families."

MANHATTAN SHOE REPAIR
2 x 2"
Black Only
2x2 Man Shoe Feb TF

CERTIFIED MORTGAGE SOLUTIONS I
2 x 2"
Black Only
2x2 CMS Denise Sage

INTERNATIONAL EMPORIUM
1 x 2"
Black Only
1x2 Internat'l Bnp

MEMORIAL HOSPITAL ABILENE
1 x 2"
Black Only
1x2 Heartland Lasix

CANDLEWOOD HEALTH MART PHARMAC
2 x 2"
Black Only
2X2 Candlew'd Health/Feb TF

SCREEN MACHINE
2 x 2"
Black Only
2X2 Screen Mach/Feb TF

DJ HICKS PRODUCTION
2 x 2"
Black Only
2X2 DJ Hicks 2/1

COLLEGE HEIGHTS BAPTIST CHURCH
2 x 2"
Black Only
2X2 Coll Hght's Baprt/Feb TF

CHANGING TIMES BOUTIQUE
2 x 2"
Black Only
2x2 CTB Feb TF

BLUE MAX DRAIN CLEANING
2 x 2"
Black Only
2X2 Blue Max Drain

SATURN OF TOPEKA
3 x 7"
Black Only
3x7 SaturnofTopeka

SEARS
3 x 7"
Black Only
602C007 DEALER



Middle school announces honor rolls

Special to the Post

Fort Riley Middle School has announced its third six weeks honor roll. The grading period ended Dec. 21.

To make the Principal's Honor Roll, a student had to have a 3.5 or higher grade point average with no C's. To make the Trooper Honor Roll, a student must have a 3.0 to 3.49 grade point average and no more than one C.

Those making the honor rolls were:

Principal's Honor Roll

Sixth Grade

Jocelyn Aguilar
Kendra Baskin
Clarissa Boberg
Jonathon Boyd
Davis Broadwater
Brandika Cadenhead
Courtney Clyde
Jacob Elliott
Johnathan Filiatrault
Celine Fowler
Iesha Fujiwara
Medina Gregory
Kayla Haack
Austin Hansen
Rowan Harris
Weslie Hatfield
Gregory Haug
Adonis Herron
Antonio Hill
Damaris Jimenez
Matthew Lee
Alisha-Shamika Lockhart
Kemany Louis
Rose Lucero
Caroline Michael
Terrance Miller
Lauren Moss
Taylor Nagle
Tegyn Nichols
Christian Nott
Kretchen Olmeda
Evergreen Osa
Michael Pappal
Blake Parker

Ashley Peebles
Taylor Pittard
Taylor Popple
Hunter Postier
Tevin Rames
Josiah Robinson
Mootafao Salu
Nathaniel Sankey
Katherine Seigel
Matthew Solis
Brendon Steward
Paul Theriault
Collyn Vazquez
Clayton Vermeesch
Carina Waite
Zachary Walborn
Alexander Weaver
Michelle Westerman
Elizabeth Yoast
Nicholas Young

Seventh Grade

Anneliese Apodaca
Erik Baker
Shabazz Brumfield
Errin Gyuran
Emmanuel Cockrell
Tyler Croston
Rebecca Dirks
Elizabeth Grammel
Erin Gyuran
Anthony Harper
Brendan Higginbottom

Wesley Hill
Staci Holubek
Connor Howard
Zachary Jones
McKenna Kelly
Hillary Konken
Leah Kundel
Natalie Kundel
Joseph Landon
Melissa Leturgez
Cindy Malone
Amanda McElroy
Alexis Miskevish
Orel Moran
Kiara Ocasio
Caitlyn O'Neil
Ian Palmer
Brooke Powers
Dominka Pullmann
Ashley Rogers-Floro
Zachary Sankey
Valerie Serna
Hanna Sul
Samantha Van Riper
Samantha Veasy
Kenaura Warren
Frankie Zachar VII

Eighth Grade

Danielle Adams
Tyler Barnes
Justin Baublitz
Daris Benton
Taylor Berry
Zachary Birchmeier
Mikela Brown

Alonzo Cordova
Samantha Courts
Bria Dansby
Jade Dwelley
Michaela Dycus
Joshua Eckel
Charles Foote
Gabriella Gadsen
Jefferey Graham
Shannon Grammel
Kylee Gray
Tara Haag
Jazmene Hartage
Samantha Hernandez
Megan Hertel
Brittany Hitchcock
Morgan Holmes
Taylor Johnson
Brittini Knapp
Sydney Krueger
Christian Kubik
Madeline Kundel
Emily Lewis
Leanna Ludington
Matthew Miller
Rachel Nelson
Karla Pagan
Alexa Pappal
Esteban Perez Jr.
Falesiu Pohahau
Keyanna Rawls
Jasmine Smiley
Johnisha Smith
Janice Soledispa
Kayla Soper
Bret Stroh
Todd Suriano
Jeremiah Taylor
Cassandra Townsend
Christina Valentin
Kyle Wagner
Christina Westerman
Andrew Winger
Jacob Wright

Trooper Honor Roll

Sixth Grade

Alexa Armsden
Zachary Auman
Shamece Banks
Maggi Birchmeier
Shade Bornemann
Hannah Bullard
Tanasha Bunch
Austin Cargill
Michael Clarke
Devin Davis
Darius Dawsey
Heather Delio
Eric Dixon
Kyle Dyson
Abigail Ebersole
Mark Emmer
Nicole Farver
Lucas Freeman
Michelle Freeman
Alyssa Grover
Oscar Hall
Gabriel Hanson

Donald Hester
Mason Holbert
Kadesia Johnson
Laticia Lytch
Stephanie Malone
Alyssa Moenning
Brittney Newlin
Dylen Raastad
Rafael Rodriguez
Alexander Schwartz
Destiny Shakespear
Jose Sierra
Jayna Smith
Brooklyn Taylor
Isaac Taylor
Joshua Tutman
Christopher Valadolid

Seventh Grade

John Balch
Megan Black
Moises Denis
Jawan Herron
Zachary Hopkins
Zachary Hopper
Brittany Lavallaur
Luis Marengo
Kasha McDougald
Troy Miller Jr.
Austin Parton
Andrew Reinhardt
Kellie Richards
Samantha Satterlee
Daniel Skelton
Andrew Smith
Dylan Soper
Ashley Thomas
Mikala Walter

Eighth Grade

Miguel Adame
Anthony Alexander
Lauren Apodaca
Brooke Beasley
Alexander Bertucci
Jason Bronson-Elzinga
Andrew Coleman
Darnikka Davila
Casey Elliott
Cassandra Glenn
Trevor Hardy
Jeremy Herman
Darius Herron
Fredrick Johnson
Patricia Lahan
Victor Link
Natalya McCarroll
Shanon Michaud
Thomas O'Neil
Samuel Quintas
Shamece Ruiz
Tiyanna Simon
Jonathan Spurlock
Michael Wilkerson

Author aims to help parents

By Ann Erickson

Army News Service

ARLINGTON, Va. — The author of the newest book for Army parents, "Your Soldier, Your Army: A Parents' Guide," is the wife of the vice chief of staff of the Army and has two Soldiers deployed to Iraq.

Vicki Cody has seen the Army for the past 30 years, so she said it seemed quite natural when she wrote her book to help families of Soldiers deal with deployments and Army life from her personal experiences.

It all started when her oldest son deployed to Afghanistan and she suddenly found herself in a new role of not just being an Army spouse, but as the mother of a Soldier. She started to have some ideas then.

He got back from Afghanistan and six months later he was ready to deploy to Iraq. Within a few months, her younger son was getting ready to deploy to Iraq. "And that's when it really hit home that I have two kids serving in the Army and they weren't just serving, but they were deploying overseas," Cody said.

She realized there were people who didn't have the background or experience that she had. There wasn't anything out there for parents before her book, she said.

"I thought I could write down some real easy, common sense things that would help guide them through the whole process," Cody said. The book informs parents about the Army and includes acronyms and useful Web sites.



Staff Sgt. Michelle Johnson interviews Vicki Cody about her book, "Your Soldier, Your Army: A Parents' Guide."

Want the book?

For more information or to obtain a free copy of the book, call (800) 336-4570, extension 630 or send e-mail to ilvpublications@ausa.org.

The main thing Cody hopes people get from the book is a sense of reassurance and comfort. She hopes that parents feel like they're not alone.

"This booklet doesn't have all the answers, and the answers aren't always right or wrong," she said. "I never try to judge or tell people how they should feel."

Cody's biggest challenge in writing the book was finding the time to write it.

"When I would sit down to

write, the words, the experiences just literally flowed out of me. I had no problem with that," she said. "I always had the thoughts and ideas, but it was just finding the time to put pen to paper."

Her family's reaction to the book was positive. She said it gave them some insight into what she had been feeling and what others might be feeling, too.

The most rewarding part of writing the book has been the feedback from actual mothers and fathers, she said. Since the book's release in the fall, Cody has been able to meet people she would have never met otherwise.

"I love it when I hear from parents and family members," she said. "I know it's making a difference and it's working its way throughout the Army."

Tricare

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Activity.

"We know we have a nation that is at war, and we're going to continue to make sure that we maintain those superb benefits that we need to support this long and drawn out global war on terrorism," Granger said.

"We are recognizing a reality that we have in front of us, and not to act or not to take appropriate steps to recognize that reality would be placing the promise of a

great health benefit at risk," he said. "Doing nothing is for a secure foundation for the future."

The military health system will employ other strategies to make operations more efficient and save money, Winkenwerder said. DoD will promote generic drug use in pharmacies, the use of the mail-order pharmacy, better hospital use and joint procurement with the Veterans Affairs Department, he said. DoD's new electronic record system

also will save the department money by reducing medical errors and speeding up the movement of information, he added.

DoD's only motivation in making these changes is to ensure health benefits are maintained at their current level, Winkenwerder said. The proposed changes will save billions of dollars over the years and will allow the department to sustain the best health system in the country, he said.

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Travel & Fun in Kansas

Friday, February 10, 2006

America's Warfighting Center

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Leisure time ideas

At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

Feb. 10 - Fun With Dick and Jane (PG-13) 85 min

Feb. 11 - Munich (R) 164 min

Feb. 12 - The Ringer (PG-13) 94 min

Feb. 16 - Fun With Dick and Jane (PG-13) 85 min

Feb. 17 - Hoodwinked (PG) 83 min

For more information, call 784-2226 or 784-2640.

Get away and explore Kansas. Check out details on these and other events on the Kansas Travel & Tourism Web site, www.travelKS.com.

Topeka:

What: Arab Shrine Circus

When: Feb. 24-25

Where: Kansas ExpoCentre, One ExpoCentre Dr.

Cost: Adult reserved seating \$14.50, children 2-12 reserved seating \$11, adult general admission \$12.50, children general admission \$9

Tickets: (785) 234-4545 or (785) 297-1000

Overland Park:

What: The Kingston Trio.

When: 8 p.m. Feb. 11

Where: 12345 College Blvd., Carlsen Center of Johnson County Community College

Phone: (913) 469-4445

Web site: <http://web.jccc.net/carlsencenter/>

Admission: \$35-\$25

...

What: Sweet Honey in the Rock.

When: 7 p.m. Feb. 12

Where: 12345 College Blvd., Carlsen Center of Johnson County Community College

Phone: (913) 469-4445

Web site: <http://web.jccc.net/carlsencenter/>

Admission: \$35-\$25

...

What: "Rain" - Cirque Eloize.

When: 8 p.m. Feb. 17 and 18

Where: 12345 College Blvd., Carlsen Center of Johnson County Community College

Phone: (913) 469-4445

Web site: <http://web.jccc.net/carlsencenter/>

Admission: \$30-\$25

Lawrence:

What: Soweto Gospel Choir.

When: 7:30 p.m. Feb. 15

Where: 1600 Stewart, Lied Center

Phone: (785) 864-2787

Web site: <http://www.lied.ku.edu>

Admission: Varies by seating choice

...

What: Canada's Royal Winnipeg Ballet presents "The Magic Flute."

When: 7:30 p.m. Feb. 17

Where: 1600 Stewart, Lied Center

Phone: (785) 864-2787

Web site: <http://www.lied.ku.edu>

Admission: Varies by seating choice

Who dunnit?



Post/Morelock

Scott Deppish (right) sings his character's introduction during a rehearsal for "Clue the Musical." Deppish plays Mr. Green. The other characters, from left to right, are: Liz Sites as Mrs. Peacock; Dustin Powell as Mr. Boddy; and Susan O'Brien as Miss Scarlett.

216 endings make it anybody's guess in 'Clue'



Post/Morelock

Gayle Edmiston as Mrs. White beats a roast with the lead pipe in the kitchen.

By Anna Morelock
Staff writer

Was it Colonel Mustard with the lead pipe in the kitchen?

Was it Miss Scarlett in the ballroom with the candlestick?

With 216 different possible endings, audiences will nab a different murderer with each performance of "Clue the Musical," a Junction City Little Theatre production coming to the Courtyard by Marriott in Junction City Feb. 16-18.

"We've had a lot of fun with it. It's so different than a lot of the normal musicals out there," said Liz Sites, who plays the well-known, well-traveled and well-preserved Mrs. Peacock.

Three audience members draw the three cards that will reveal the murderer, weapon and room at the end.

With the cards placed securely in the "Confidential" envelope, the mystery unfolds on stage amidst six towers painted like the classic Clue game board.

Everyone is a suspect, and audience members will see motive everywhere, said Dustin Powell, who plays Mr. Boddy. His guests at Boddy Manor

If you go:

What: "Clue the Musical"

When: 6:30 p.m. meal, 8 p.m. dinner Feb. 16-18

Where: 310 Hammons Dr., Courtyard by Marriott

Cost: \$20 meal; \$12 show

Phone: (785) 238-3871

"won't rest easily until he rests permanently."

Audience members will play along with this adaptation of the classic board game by keeping track of clues given throughout the performance.

Besides Mrs. Peacock and her sixth husband, Mr. Boddy, characters include:

• Mr. Green (Scott Deppish) - Sultan of the stock market, King of Commodities ... an entrepreneur. He owns the world's most popular discount air carrier, Pennies in Heaven.

• Miss Scarlett (Susan O'Brien) - An actress ... well, a singer ... no, more like

a performer. She does it all! Or so that's what her men friends tell her.

• Col. Mustard (Marcus Field) - Stormed bunkers and triumphed in war ... not with might, but with imagination. He has the rare ailment "Non-identifusitus."

• Professor Plum (Michael Brooks) - Author by trade, intellect by birth, American by choice. He was born in London, raised in New York, attended Oxford and works at a DC think tank.

• Mrs. White (Gayle Edmiston) - Works seven, long hard days a week with no rest for her weary bones, muscles, hands, feet, eyes, nose, hair ...

• Detective (Pam Popovich) - A hard-nosed lady who is hard-pressed to find the hard truth. She turns over suspects, turns over stones ... and turns over when she sleeps.

This dinner-theater production by Peter De Pietro and Tom Chiodo is directed by Charles Neale and Linda Stebbins.

Dinner is served at 6:30 p.m. each night with the show starting at 8 p.m. Tickets are \$20 for the meal and \$12 for the show. A cash bar will be set up in the hotel's lobby.

Little mouse, big fun scampers to McCain

By Jennifer Newberry
Kansas State University

MANHATTAN, Kan. - Theatre IV's presentation of "The Big Adventures of Stuart Little" can be seen at Kansas State University at 3 p.m. Feb. 11 in McCain Auditorium.

The performance mixes child-size puppets with live actors.

Written by E.B. White, "Stuart Little" is the story of a noble mouse who is born into the Fredrick Little family of New York City.

Stuart can be found exploring with his human brother, escaping the family cat, sailing model ships on Central Park Lake or searching for his friend and soul mate, Margalo.

Tickets can be purchased at <http://www.k-state.edu/mccain> or by calling the McCain box office at (785) 532-6428.

From 1:30 to 2:30 p.m., children 2 to 15 years old can come to the Beach Museum of Art to listen to the imaginations of a story-teller, make their own art inspired by the story of Stuart Little, and join in fun music-making.

Symphony attracts visitors

Tickets to prairie show sell at steady pace

Special to the Post

STRONG CITY, Kan. - Even without an official announcement about the start of ticket sales, people from across the United States have found out about the Symphony in the Flint Hills outdoor music concert, and have been buying tickets at a steady pace.

Organizers of the June 10 event at the Tallgrass Prairie National Preserve near Strong City, Kan., confirmed that close to 1,000 of the 5,000 available tickets have already been sold.

This new concert series will combine Kansas' greatest natural feature - the majestic tallgrass

prairie in the Flint Hills - with world-class symphonic music to create an unforgettable evening in the midst of the rolling green prairie and endless sky.

At one time, much of the continent was a vast prairie grassland. Today, the largest remaining expanse of native tallgrass prairie in North America is located in the Flint Hills of Kansas.

This concert for the senses features the 85-piece Kansas City Symphony and its 100-voice chorus, three orators and the Grammy award-winning Paul Winter Consort performing one of the greatest "place-based" symphonic productions, "Grasslands: Prairie

Voices," composed by Kansas native Eugene Friesen, cellist with the Consort.

The Kansas City Symphony's resident conductor, Timothy Hanke, will direct this musical extravaganza.

"The largest remaining expanse of tallgrass prairie in North America is located in the Flint Hills of Kansas. Home on the Range speaks to the hearts of people everywhere," says Kathy Miller, board chairperson for the event. "Some ticket buyers are using the venue as a way to draw their families together. We know

See Symphony, Page 24





Leisure time ideas

Lincoln:

What: Lincoln Re-enactment honoring the 16th President. Lincoln presenters, Civil War re-enactors, Lincoln look-alike contest, President's Ball, vintage costuming, music and buffalo stew.

When: All day Feb. 18

Where: Downtown

Phone: (785) 524-5133
Web site: <http://www.skyways.org/towns/Lincoln>

Admission: Adult \$12; 6-18 \$6; buffalo stew costs adults \$7 and children \$3.50

Salina:

What: "Crossing Over" exhibit.

When: Noon to 5 p.m. Feb. 15-18 and 1 to 5 p.m. Feb. 19

Where: 242 S. Santa Fe, Salina Art Center

Phone: (785) 827-1431

Web site: <http://www.salinartcenter.org>

Admission: Free

Wichita:

What: Wichita Grand Opera presents "Die Zauberflöte-The Magic Flute."

When: 7:30 p.m. Feb. 11

Where: 225 W. Douglas, Century II

Phone: (316) 683-3444

Web site: <http://www.wichitagrandoopera.org>

Admission: \$50-\$80

Shawnee:

What: K is for Kansas: Discovering Kansas from A to Z. From aviation to Z-Bar Ranch, large alphabet blocks build a story about the Sunflower State in this traveling exhibit.

When: 10 a.m. to 4:30 p.m. Tuesday through Saturday through Feb. 12

Where: Johnson County Museum of History

Phone: (913) 631-6709

Web site: <http://www.jocomuseum.org>

Admission: Free

Cottonwood Falls:

What: Music at the Emma. Weekly acoustic jam sessions playing country, gospel, bluegrass, and rock and roll. Musicians and audience welcome.

When: 7:30 p.m. Fridays only, year-round

Where: 317 Broadway, Emma Chase Café

Phone: (620) 273-6020

Admission: Free

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1 x 1.5"
Black Only
1x1.5 Prairie Hang Feb TF

STATE FARM INSURANCE
1 x 6"
Black Only
1x6 Renters

Symphony

continued from page 23

of ticket purchasers who have bought 40 tickets for their family reunions this summer," reports Miller.

Kansas Gov. Kathleen Sebelius, president of the Kansas Park Trust, is honorary chair of the Symphony in the Flint Hills event.

"We are dedicated to making the Flint Hills a destination for Kansans and visitors," she said. "The event is a dynamic way to mark the 10th anniversary of the Tallgrass Prairie National Preserve."

The Tallgrass Prairie National Preserve, the nation's only national park dedicated to the rich natural and cultural history of the tallgrass prairie ecosystem, will be the site of the 6 p.m. performance. The concert will last 90 minutes with one intermission.

The Tallgrass Prairie National Preserve is located 20 minutes west of Emporia in the heart of the Flint Hills.

The Tallgrass Prairie National Preserve will open at 9 a.m. that day with tours of the historic ranch house, massive limestone barn and historic schoolhouse, along with prairie walks and bus tours into the prairie.

The concert site will open at 1 p.m. with a number of activities included in the concert admission ticket:

- Guided wildflower walks with Kansas Native Plant Society members

- Bird hikes accompanied by Kansas Audubon Society members
- Presentations about 1880's Ranch Life by a regional historian and folklorist

- Presentations on geology and fossil record of the Flint Hills

- Educational talks on Native American inhabitants of the region

- PrairieArt Plein Air Auction of Flint Hills paintings by more than 50 landscape artists

- Symphonic instrument "petting zoo"

- Authentic horse-drawn covered wagons for rides

The concert site is one mile out in the middle of the prairie, beyond the sight and sound of anything but heaven and earth, surrounded by miles of uninter-

If you go:

What: Symphony in the Flint Hills

When: June 10

Where: Tallgrass Prairie National Preserve

Tickets: Advance tickets are \$28 for adults, \$17 for students and \$7 for children ages 12 and under. Tickets may be purchased by phone from Select-a-Seat at (316) 755-7328 or online at www.symphonynintheflindhills.org. An additional \$3 convenience fee will be added to each ticket purchased through Select-a-Seat. Tickets can also be purchased in person at the Tallgrass Prairie National Preserve. If tickets are available on June 10, tickets purchased at the gate will be \$36 for adults, \$25 for students and \$15 for children ages 12 and under.

Phone: (620) 273-8955

Web site: www.symphonynintheflindhills.org

In case of inclement weather, the concert will be held at 6 p.m. June 11.

rupted tallgrass and wildflowers.

Getting to the concert site will be a one-mile walk from the stone barn over rolling terrain on a wildflower trail or concert-goers can ride on flat bed trailers with straw bales or on shuttle buses.

Concert-goers should plan for one hour to get from the parking area to the concert site, either by walking or by riding.

Concert-goers may carry in their own lawn chairs or blankets to sit on during the concert, however, chairs will be available for rent for \$2 at the concert site.

The concert site will be wheelchair accessible. Call (620) 273-8955 to make arrangements for special needs. An American Sign Language interpreter will be on stage.

Award-winning barbeque and vegetarian options will be available for purchase at the concert site beginning at 1 p.m. or you may carry in your own picnic.

Iced tea and lemonade will be for sale, along with plenty of free water. Wine and beer will be for sale after 3 p.m.

Concert-goers are encouraged to bring a hat, sunscreen and bug spray. Open-toed shoes and strollers are discouraged because of the rocky terrain.

Sunset in the Flint Hills can be extraordinarily beautiful.

Concert attendees may stay at the concert site to watch the sunset after the event, but everyone will be asked to leave the site early enough to return to their

automobiles before dark. Flashlights are recommended for those staying to watch the sunset.

Symphony in the Flint Hills is a new concert series created to echo the June 1994 "Symphony on the Prairie" that drew several thousand people from communities in the Flint Hills and across the Midwest.

"Those attending experienced the magic of symphonic music on a prairie hillside," said Emily Hunter, event coordinator for Symphony in the Flint Hills, Inc., a nonprofit organization.

"Since that night, people have been asking if there will ever be another symphony on the prairie. The answer is a resounding 'Yes!'"

Symphony in the Flint Hills, Inc. plans to produce an annual symphonic concert series in different locations within the natural landscape of the Flint Hills of Kansas.

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2 x 21.25"
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